

SPOKE

Conestoga College, Kitchener

November 12, 2001

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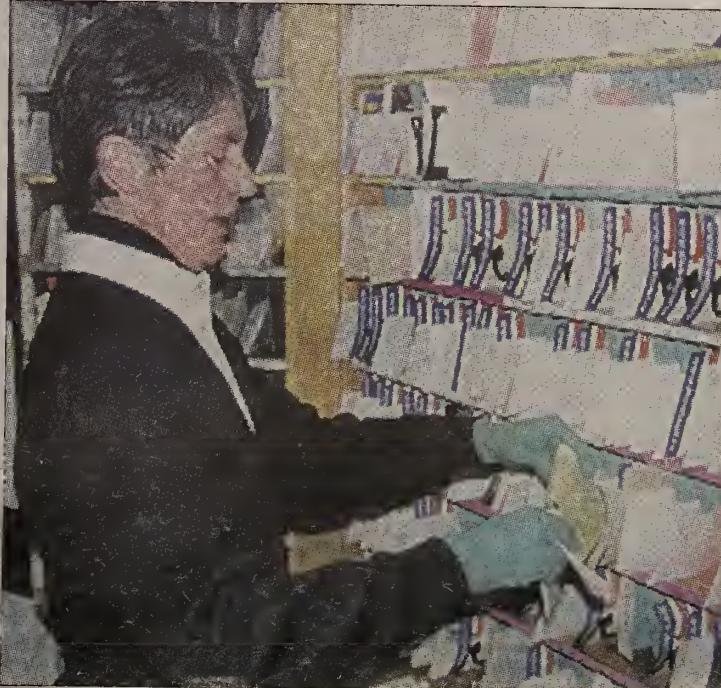
By Laurie Vandenhoff

The phrase "don't kill the messenger" has taken on a whole new meaning for postal workers across North America. Since anthrax began infecting U.S. postal service employees, safety concerns have risen among people working in mail-handling facilities.

Fears escalated after two postal service employees in Washington died from inhalation anthrax that was contracted through tainted mail. A New York processing plant was also forced to close after four machines were believed to be contaminated with anthrax. Nearly 2,000 U.S. postal employees continue to be tested for anthrax.

But what does this mean for the staff of Canada's postal service?

"Personally I'm not concerned," said Cliff Murray, a Canada Post letter carrier. "I think they (the corporation) have taken the necessary precautions by handing out literature and making several addresses to staff from supervisors regarding the anthrax scare."



Mary Ann Bosworth, a Canada Post employee, uses rubber gloves while sorting mail. Employees can use the gloves as a safety precaution against anthrax, but many mail sorters think they slow down the process.

(Photo by Laurie Vandenhoff)

Since the disease began appearing in mail-handling facilities in the U.S., Canada Post executives have created information packages and safety procedures for employees.

Canada Post employees are becoming educated on what anthrax is, how it is contracted and how vaccines can help.

If an employee discovers a suspicious package, they must not handle it and are to isolate the area to prevent further contamination. They are also instructed to report the discovery to local authorities that can investigate the situation.

According to Canada Post, indicators of a suspicious package includes:

- Powdery substances visible on the package's exterior.
- No return address.
- Sent from foreign countries.
- Excessive postage in low denominations
- Misspelled words.
- Irregularly shaped parcels with soft spots or bulges.

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College awaits consent for two new programs

By Daniel Roth

Conestoga College will be adding two new programs to the school of applied arts pending approval from the ministry and from the college's board of governors.

An advertising program could be starting as early as the fall of 2002. And a public relations program could follow in the fall of 2003.

Pat St. John, a vice-president at Conestoga College and head of applied arts, said local businesses and industries were in need of students with training in advertising and public relations.

"Employers were taking people out of business programs that didn't have the skills needed, so they would have to train them," he said.

Last spring a program development committee was formed from people in the advertising and public relations professions to tell the college what needed to be taught to the students.

"We went through the curriculum and we talked about the needs of the community, as well as the employment prospects and put the program together," he said.

St. John thinks the new programs

will not affect the number of applications received by the schools of business and journalism.

"People who have been looking for advertising programs have been going elsewhere in the province," he said.

The new advertising program will teach students to develop media plans, write advertising strategy and copy and plan and carry out complete campaigns. Additional advanced skills that will be taught include: buying media, account management and design production.

The public relations program will teach students to communicate properly in order to build a long-term relationship between organizations and their public. The program will focus on writing research and quality management principals. Students will also study communication, journalism, marketing and public relations.

The class size will be proportional to the other applied art programs already in existence.

"We're looking at between 30 and 32 students each year," St. John said. "We're really looking at a smaller prestigious program rather than a large intake."

Continued on Page 2

Visitor Information Program golden opportunity for students

By Sarah McGoldrick

Students at Conestoga College's Doon campus should be prepared for class cancellations and long lineups as the college holds its annual VIP/CIP day.

The event is also known as Visitor Information Program/College Information Program day. It will be held on Nov. 14 and is designed to let elementary and secondary students learn about potential scholastic choices.

Classes from various programs at Doon will have to be cancelled to accommodate the influx of students in the building.

The event attracts students from Wellington, Waterloo and Perth counties.

Liaison officer and event organizer Jan Stroh said the cancellations are necessary because of the size of the event.

"We have an influx of 2,500 students and guidance counsellors and we rely on the faculty to lead the sessions," said Stroh.

She added the college took great care in deciding which classes had to be cancelled.

The information sessions will take place in the morning and will likely not affect afternoon classes.

However, it may result in long lineups at lunch time.

Stroh said the busiest times will be between 11:15 and 12:15 p.m.

She added parking will not be affected because students will be arriving on buses and people will be employed to direct traffic.

Colleges from all over Ontario will have booths set up for students to explore their post-secondary and program options.

The event requires volunteers from within the school to perform jobs like organizing parking in order for the day to run smoothly.

"We are looking for volunteers to do prep work, set-up and organize information packages," said Stroh. "It would be especially beneficial for marketing students and those interested in student recruitment, who could use it as experience."

VIP/CIP will include an open house the evening of Nov. 13 for parents, students and the general public to view college displays from 24 colleges.

The open house will take place in the recreation centre from 6 to 8 p.m.

Students wanting further information can call Conestoga College at 519-748-5220 ext. 3656.

Students Eat Smart

By Shannon McBride

Five Conestoga students tested their cooking skills at a culinary competition on Oct. 24 at Waterloo campus.

The students have taken a specialized course at the campus that teaches healthy food practices. Eat Smart!, a provincial project initiated by the Waterloo regional health unit, created the course. Beth Esenbergs, program co-ordinator of the food and beverage management program at Waterloo campus, is teaching the course this semester.

Five of the 14 students were chosen to participate in the optional competition. The students had to take a traditional recipe of their choice and modify it to make it healthier by decreasing the fat and increasing the fibre content.

Stephen Tunney was the first-prize winner. He was the only student of the five to create a dessert. He made key lime pie with yogurt, low-fat condensed milk and a graham wafer crust. His prize was a bread slicer.

The remaining students chose to make appetizers.

Second prize went to Christine Reicheld who made healthy waffles using whole grain flour and sunflower and flax seeds. Instead of syrup, Reicheld made a quark cheese and strawberry puree. She won four place settings of flatware.

The other competitors created a wide variety of items including

sweet and sour turkey balls, tomato pasta ravioli stuffed with chickpea and Parmesan cheese and filo pastry with ripe olive and tofu stuffing.

The culinary competition drew several prestigious judges.

Garry Wiffin, the executive chef at the Waterloo Inn's Rushes Restaurant, represented community chefs. Mary Ellen Prange,

registered dietitian for the Regional Municipality of Waterloo, represented the Eat Smart! advisory group and John Yan, public health inspector of the community health department, represented the environmental health and lifestyles resources division of the Regional Municipality of Waterloo.



Stephen Tunney shakes hands with judge Garry Wiffin after winning first prize for his key lime pie in a culinary competition Oct. 24. The competition was part of an Eat Smart! course at Waterloo campus. (Submitted photo)

No cause for concern

Continued from Page 1

■ Excessive binding, taping and tying material.

■ Addressed as PERSONAL, PRIVATE or TO BE OPENED ONLY BY.

Still, employees believe there is no reason to create concern within their workplace.

"You would be paranoid if you listened to everything," said Steve Foster, a Canada Post employee for 17 years. "You have to sift through the information and get the fact from the hype." He said that because of the cases in the U.S., people have taken precautions too far.

Executives also understand that concerns about the possibility of anthrax should not be overemphasized.

"We want to assure all employees that there have been no cases of anthrax identified in Canada since the scare began," said a recent e-mail to area mail-handling facilities. Still, employees have been asked to use extra protection to ensure their own safety. Surgical gloves and masks are available to employees who want to use them.

However, staff members at the distribution centre on Third Avenue opt not to use gloves because it impedes the mail-sorting process. Masks have also been deemed a nuisance.

That is not to say however, that

employees are not concerned about their safety.

"I'm pretty worried. We're not used to things like this happening," said Mary Ann Bosworth, a letter carrier at the Third Avenue distribution centre.

Laura Sanders, a 12-year employee, agreed with her colleague's concerns. "I'm thinking about wearing gloves. I'm concerned with mail machines getting contaminated in the U.S. because we get mail from them."

However, according to information on the Canada Post Web site, "anthrax particles must be the right size to become airborne and lodged in the lungs, instead of being breathed out. Thousands of them would have to be inhaled to infect the victim."

Despite the absence of anthrax cases in Canada, the fear is very real that a possibility exists.

Sanders and Bosworth agreed that an appearance of anthrax in a Canadian mail-handling facility would end their careers as letter carriers.

However, there are some employees who see a Canadian anthrax situation as less of a threat.

"I don't think I would panic because they are isolated cases," said Steve Thomas, an employee for 22 years. "People are capitalizing on the fears that are out there."

For other employees, a Canadian outbreak would only force them to used extra protection.

"If there was a case in Canada, chances are it would be in the bigger cities," said Murray. "I'm sure if there was a case in Toronto, I would be more aware and more alert than I am now. Until that happens, it really isn't in the front of my mind."

To prevent any unnecessary concern, employees have been asked to avoid certain activities.

"Until further notice, please do not bring to work substances such as cornstarch, baby powder, foot powder etc.," said a recent e-mail from the corporation.

Employees are also asked to use common sense in the workplace. This includes cleaning-up known substances to avoid concerning fellow employees and labelling powdery substances.

To offer sympathy for lost postal workers in the U.S. and to help Canada Post employees deal with their own fears, flags were lowered to half-staff for three days and a moment of silence was observed on Oct. 30.

The corporation continues to deal with employees' concerns as they develop. Their joint health and safety committee is also continuing to create procedures and precautions to ensure workplace safety.

CPA/CP students looking for projects for next semester

By Dwight Irwin

Students in the computer programmer analyst (CPA) and the computer programmer (CP) programs are looking for projects for their final semester at Conestoga College.

CPA Professor John Scott said students learn to develop computer applications to manage aspects of business like staff scheduling, customer tracking and ordering.

"We want students to do real work skills they'd find in the industry."

John Scott, CPA professor

"We want students to do real work associated with skills they'd find in the industry," Scott said.

In groups of three, students seek clients in the business community who have a need for a specialized program in their office, Scott said.

The students then meet with the clients and analyse the problem the client is facing.

"The students need to learn about the business so they can make a program that will help them."

Each group, about 25 in all, will then spend "tons of hours" designing the computer system to meet the business owner's needs. They write reports, a user manual and other system documentation so someone else can follow the instructions and do an update a few years down the road if need be, Scott said. One or two students from each group are encouraged to help the business get the program working after graduation and work any bugs out.

There are 12 hours a week in

the students' schedule dedicated to developing the program and they have to juggle other courses around it as well, Scott said.

"Four months to develop these programs is a very short time. In the industry it takes eight to 12 months to develop projects like these," he added.

At the end of each semester, the CPA and CP programs hold a contest for the top eight group projects in the Blue Room, beside the college cafeteria.

A set of judges from the business community award two \$450 prizes to the two groups that present, what they feel, is the best project.

"I've been in the room when they decide the winner and they find it to be a chore because the scope of the work is so good," Scott said.

Some award-winning projects from the past few years include a program for people to buy tickets to the Guelph Little Theatre over the Internet, a managing scheduling system for the Guelph police and an ordering and customer tracking program for Moose Winooski's restaurant in Kitchener.

"It's rare to design and install a project. In the industry each person has an area to focus on."

John Scott

Scott said graduates appreciate the opportunity they get when designing a project.

"It's rare to design and install a project. In the industry each person has an area to focus on, not the whole thing," Scott said.

The projects also help students get jobs in the workforce because potential employers see the work they have done, he added.

Approval needed for two programs to start at college

Continued from Page 1

New instructors will be hired to accommodate the new program.

"The advertising program will run with two full-time faculty and some part-time faculty who have special skills in the advertising industry," he said, adding he is confident the new program will be well received.

"I believe it's going to be a very popular and successful program," he said. "I also believe the public

relations program will be popular and successful."

St. John has big plans for the two programs down the road.

"One of my visions for the future would be to take the programs we offer now and put together a four-year applied arts degree program called integrated communications," he said.

The degree program would combine various skills from all the applied arts programs.

Conestoga student gets dream job

By Derek Lester

For many residents of small towns, living in a big city like New York will always just be a dream.

But for Conestoga College graduate Brooke Benninger, that dream is a reality.

It all began when the 21-year-old resident of Hanover, a town with a population of 7,000, had an internship at the Ricki Lake show in New York, which ran from January of this year until May, in order to complete the broadcasting program at Conestoga College.

Benninger also applied to the Sally Jessy Raphael show and the Montel Williams show, and even though she was offered an intern position with both those shows as well, she chose to work on the Ricki Lake show.

"I was offered the internship right after the interview and I was kind of surprised," Benninger said. "After my interview at Ricki I went to see a taping of the show, and it just seemed like a fun place to work."

The first day of the internship was fairly simple as she met the other interns, and then took a tour of the offices.

Later on in the day she helped out in the audience department and opened mail, and afterward, she got to look after some guests during a taping of a show.

Benninger had a lot of responsibilities at the show during the rest of her internship.

She handled letters and phone messages from potential audience members and guests wanting to be on the show. She ran errands to the music store to get music for upcoming shows, and dropped off tapes at the post-production facility.

Once a week she also had to make a candy run. She was given \$100 to take to the store to buy candy for the guests to have in their rooms.

"One time I had to go buy wigs for a makeover show," Benninger said.

"I did have some trouble picking out wigs, since I had no idea what makes a good wig."

There were tons of different errands she ran all over New York, she said.

"I got to be very good at getting around on the subway."

She also helped out with the audience, field shoot and travel departments.

Benninger's biggest job was looking after the guests on the show.

"Interns were the lucky ones to look after the guests," she said. "Because of the nature of our shows, guests had to be separated from each other, and when they had to leave their rooms, someone from the staff always had to be with them."

The interns had to take the guests to the bathroom, outside to smoke, and bring them lunch and coffee. "Basically we were around to keep the guests happy," she said.

Her favourite guest was the

music group O-Town.

"I loved when O-Town came because I got to be their assistant person for the day," Benninger said.

"They were really cool and totally hot. I played it cool when I was around them, but I am a total O-Town groupie, so it was hard."

Benninger said the show also had funny drag queens, who made her laugh all day. "They were such divas."

The staff at the show were great to all the interns, Benninger said. The staff knew that the interns were there to learn.

A few weeks into the internship, some of the interns went out for drinks where they met some of the staff, she said.

The staff ended up buying the drinks for the night because they knew the interns had very little money.

Benninger said the staff was great, as was Ricki Lake herself.

"She is really sweet, and doesn't act at all like a stuck-up celebrity."

After Benninger's internship was done at Ricki Lake, she was offered a job at the Judge Hatchet show, which is a New York City-based court show.

The season was over at Ricki Lake, so there wasn't any chance to stick around at that time.

"I couldn't get a work visa in time though, so I wasn't able to take the job," she said.

But while Benninger was interning at Ricki Lake, she met the vice-president of programming for



Conestoga student Brooke Benninger stands with Ricki Lake on the set of the Ricki Lake show in New York. Benninger interned at the show from January till May of 2001.

(Submitted photo)

Columbia Tri-Star Television, Gerette Allegra, who oversees the Ricki Lake show.

She said they got along quite well, and she loved Allegra's baby boy Kamron Samiian, so she was hired to be Samiian's nanny in New York.

"I am now living in her house, and working as her full-time nanny," Benninger said.

Lake also just happens to be Samiian's godmother, so

Benninger has a strong relationship with Lake now.

She said, "I have gotten to know her (Lake) a lot better since the end of my internship because of my new job."

Benninger said she is happy with what she is doing now, but would like to become a personal assistant to a celebrity.

"The family I live with has a lot of good contacts in show business," she added.

New York intern affected by Sept. 11 attacks

By Derek Lester

New York City has never been regarded as the safest place to live in the world, and the terrorist attacks on the World Trade Center Sept. 11 didn't do anything to strengthen its reputation.

Conestoga College graduate Brooke Benninger, like many others, did not realize the brutality of the attack right away.

"I heard about the first plane crash into Tower One just a few minutes after it happened," Benninger said.

"At first I didn't understand the severity of what just occurred, so I went about my daily routine."

The 21-year-old lives in Englewood, N.J., which is about 26 kilometres from the World Trade Center.

The reality of what happened

that morning didn't hit Benninger for a couple of hours.

"It wasn't until early afternoon, when I sat down in front of the TV and watched all the news reports," she said.

"I felt sick to my stomach thinking about all the thousands of people that were inside the World Trade Center."

Benninger said the television stations kept replaying the tape of the towers collapsing, and all she could think about was that many people were going to be dead.

"It was terrifying and sad," she added.

With Benninger moving to the New York area in January of this year from a small town in Ontario, she didn't think she would know anybody who may have been in or around the vicinity of the World Trade Center.

She was wrong.

"For a few short days I considered myself to be very lucky not to be personally affected by this tragedy," she said. "I didn't know anyone who worked in the World Trade Center, or anywhere near it."

About a week after the terrorist attacks, a friend told Benninger that a security guard from the Ricki Lake show, Brian Cannizzaro, who she knew from doing an internship there from January until May, was one of the missing people. Cannizzaro also happened to be a firefighter.

"He was such a funny and sweet guy," she said. "I always hung out with him at work and we joked around a lot. I didn't accept that he was dead."

Benninger said she was in denial and waited for some miracle to happen, for him to still be alive.

She said she remembers a conversation she had with him once about being a firefighter.

"He told me that he got scared every time he went to work, but he gets to be a hero everyday, and that makes it all worthwhile," Benninger said.

"Something that people have to remember is that all the rescue workers were true heroes that day because they all ran into the buildings to save lives, they knew that they might not make it out alive, but they went in anyway."

Benninger keeps a picture of Cannizzaro beside her bed, and she said she will always remember him.

With her friend on her mind, and the tragedy of the attacks that will always loom in the city, Benninger said she has had to change her daily routine.

"I used to go into the city once a week with the baby I look after," she said. "But it is just too scary to think of what might happen, so he hasn't been into the city since the attacks."

Benninger said she also doesn't ride on the subways anymore.

"I was told that if the terrorist were going to do an inhalatic anthrax attack it would have to be someplace underground, but that could just be paranoia," she added.

United States President George W. Bush is urging people to go on with their lives as they normally did, Benninger said, but it is so hard, especially when some of Osama bin Laden's followers live close to New York.

Benninger doesn't agree with bombing Afghanistan because she doesn't want any innocent people to die, and she thinks that Afghanistan will just retaliate with another attack on the U.S.

"I will always wake up wondering if there will be another day of attacks," she said.

Benninger watched a movie a couple of weeks ago that had the World Trade Center in it for a second, and it made her think about how much life has changed.

"I think about the things that used to get me upset, and I realize how stupid and little they are in comparison to what happened Sept. 11."

Benninger said she was used to hearing car horns, and people always being in a hurry. Now the city is somber and quiet.

"I really don't think that life will ever be the same," she said. "People from war countries used to flee to America to be safe, but now it seems like nowhere is safe."

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Students must receive proper job training

College and university students need to ensure they get proper training when beginning new jobs.

Many students feel powerless to stand up to employers who they feel are not providing proper safety training because they are afraid of putting their new job at risk.

But they must remember that no job is worth risking their life over.

On Oct. 29, the president of Bennett Chev-Olds-Cadillac 2000 in Cambridge pleaded guilty to failing to provide instruction, information and supervision at the workplace, relating to the death of a 26-year-old mechanic.

Sean Smith died of traumatic asphyxiation on Sept. 14, 2000, after a limousine he was repairing fell on his chest.

This case should speak loudly to the thousands of students entering the workforce each year.

According to Statistics Canada, there were about 60,000 Canadians between the ages of 15 and 24 injured on the job in 1998 and another 57 were killed. This accounted for one-third of all workplace injuries in Canada.

Though fines have been handed out under the Occupational Health and Safety Act, in many cases where the employer has been found negligent, such as the Smith case, this does not seem to be working as a deterrent to employers.

The Ontario Workplace Safety and Insurance Board says that 15 young workers died on the job in Ontario in 1999. This is up from 13 in 1998 and seven in 1997.

Young people are more apt to perform tasks assigned to them without questioning safety procedures because of their eagerness to perform well at a new job and prove themselves to an employer.

But they cannot let employers use this timidness as an excuse to skimp on safety training.

Every worker has the right to adequate job training and needs to exercise this right by asking questions if they have the slightest hesitation about performing a task at work.

These questions need to be asked as soon as they arise. They cannot be held back until the worker feels more comfortable with their employer because many deaths occur in the first few weeks of a new job.

In the summer of 2000, a 24-year-old man was killed in Lynden, Ont., after he was crushed by an agricultural sprayer, just weeks into a summer job.

And in 1999, an 18-year-old was killed in Oakville after being pulled inside an industrial mixer on his second day of work.

These deaths may have been avoided if someone had accepted the responsibility of ensuring all safety procedures were properly observed.

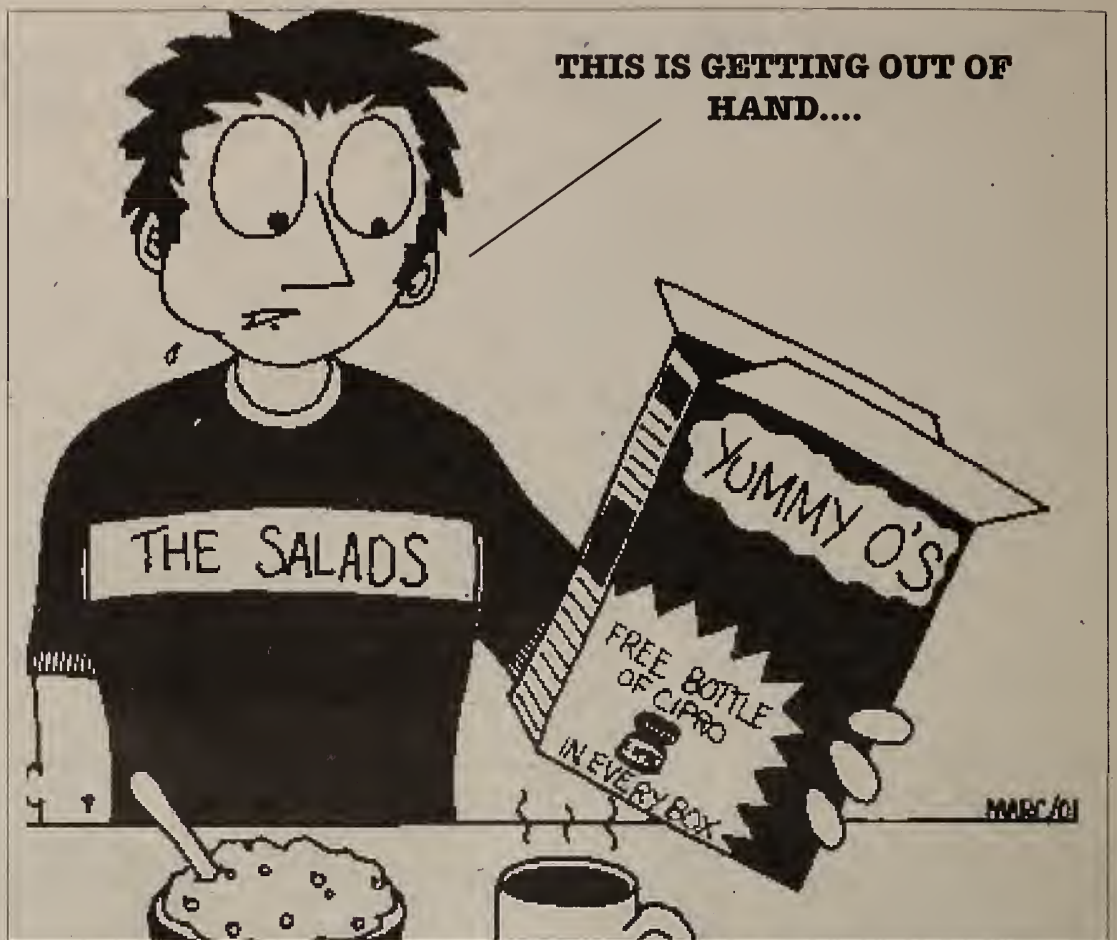
Since many employers do not seem to be accepting this responsibility, it is imperative that the workers themselves step up to the plate.

All of us must take responsibility for our own safety by expressing concerns when we feel we have not been properly trained for a task being asked of us.

If these concerns are not addressed in a way that makes the worker feel safe, then the task should be refused.

Young workers cannot let their eagerness to excel in the workforce cloud their judgment when it comes to safety.

No job is worth dying for.



Listen to religion, not order

Muslims need not wage holy war against America

God probably will not punish believers of the Islam faith spiritually, but the al-Queda leader and most wanted man in the world, Osama bin Laden, believes God will punish Muslims who do not destroy Americans and their interests.

Following the events of Sept. 11, nothing has been talked about more than one man and one religion.

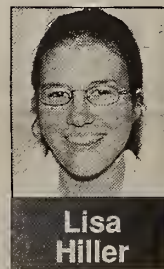
Osama bin Laden is the most sought-after terrorist since Ramzi Yousef, the man responsible for the 1993 bombing of the World Trade Center and according to FBI agents who tracked him, "the most dangerous man in the world." He seems like a distant memory now that bin Laden is at the helm.

Not since Adolf Hitler has there been a man so influential and persuasive.

Every religion is based upon peace and brotherhood and it cannot be argued that every God ever worshipped is about love.

But bin Laden has taken what the Koran and every religious bible says, and twisted it into a vendetta against the Western world, specifically America.

He can disagree with the United States regarding the States' policies



Lisa Hiller

in Arab countries, but it is sick and ridiculous to try to eradicate America and its allies in order to liberate Muslims.

In February 1998, in bin Laden's message urging a jihad (holy war) against Americans, he quotes God several times, once saying "... the ruling to kill the Americans and their allies - civilians and military - is an individual duty for every Muslim who can do it in any country in which it is possible to do it..."

Bin Laden then quotes God, one of many times, saying, "... and fight the pagans all together as they fight you all together, and fight them until there is no more tumult or oppression, and there prevail justice and faith in God."

Nowhere, I'm sure, does it say you will be great in God's Kingdom if you make it your duty to destroy Americans.

Maybe it is a belief that Muslims have, but no one can be happy having taken the life of another.

And I'm pretty sure God will not be too disappointed if all Muslims do not participate in this Holy War against America.

Muslims in the news, on television and in newspapers have said over and over that their religion, Islam, preaches peace, justice and compassion. It doesn't, nor do any religions I know, teach violence and war.

Bin Laden is obviously furious over politics, but cites American so-called crimes as war against God.

A person who helps 20 poor people will be no greater in God's kingdom than a person who only helps three, in any religion.

Americans have not sinned against God anymore than anyone else.

They put up military bases in Saudi Arabia near Muslim holy sites but that doesn't warrant a holy war against America.

Everyone of every faith, race, and culture does things that may not be nice.

The Christian God and the Muslim God may not be the same, but I refuse to believe that either one would punish anyone who chooses peace over war.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Comics.com offers laughs for free

By Marc Hulet

This column appears weekly and focuses on fun and informative Web sites of interest to the students and staff at Conestoga College.

If you love to read the comic pages in the newspaper but you hate paying subscription rates then surf over to comics.com and browse through more than 80 daily comic strips.

Comics.com is run by the syndication company United Media which distributes your favourite comics like Peanuts, For Better Or For Worse and Herman.

The best part is that you can read your favourite strip every day.

Comics.com has 30 days worth of comics for each strip every month! All you have to do is click on the comic, then the day of the month

you want to read — it's that simple.

Two of my favourite strips are available through this Web site. I highly recommend Get Fuzzy and Monty.

Get Fuzzy is a hilarious strip about a human (Rob), a cat (Bucky) and a dog (Satchel). It's a simple formula that sounds a lot like Garfield but the art and writing by Darby Conley is fantastic.

Get Fuzzy maintains a consistent level of humour that can be enjoyed by people of all ages.

Monty is a strip that was formerly known as Robot Man and Monty. It had a fairly large cult following throughout the world.

Creator Jim Meddick decided to remove Robot Man and focus on Monty and his supporting cast. Comics.com calls Monty "an off-beat strip that features outrageous

characters and imaginative story lines."

The strip is not quite as good as when it involved Robot Man but it is still reliable for a chuckle.

Readers need to have a warped sense of humour to truly appreciate the strip and it's probably one that smaller children would not enjoy because of its more adult sense of humour.

Comics.com is also now offering comics by e-mail. This new feature will deliver your favourite strip daily to your e-mail account.

This allows you to enjoy your favourite strip no matter where you are and you can avoid that pesky black ink that gets all over your hands and, eventually, onto your clothes, face or other embarrassing areas.

Comics.com also has an online

store where you can purchase items with your favourite strips or characters on them. They also make great gifts. Any favourite strip you've seen in the past 60 days can be put on a sweatshirt or T-shirt.

United Media offers classic comic strips as well.

Viewers can peruse through strips from "the early days of comics."

Comic strips available for viewing include Li'l Abner, Nancy and Alley Oop.

I recommend that people check out this area because comics have come a long way in the past 50 years.

And the changes aren't all good — years ago a single daily strip could take up almost an entire newspaper page! Now cartoonists are limited to a small three or four panel strip to convey their stories.

Comics.com also offers links to Dilbert.com and Snoopy.com.

Fans of these two great strips can find out all sorts of neat information on these strips and play games involving their favourite characters.

Dilbert.com has a large number of games, lists of the day and Dilbert E-cards you can send to your friends.

Snoopy.com offers trivia games, a who's who guide to the world of Peanuts and a section about creator Charles Schulz.

Give comics.com a try. With all the scary things going on in the world right now we all need to take a break and remember what it's like to laugh.

If you know of any fun or interesting Web sites you can e-mail me at king_koala@yahoo.ca and it may appear in a future column.

College students often not taken seriously

I am a full-time student.

I have not watched TV since September.

I have not gone out to a bar since the summer and I don't care if I'm missing out on some fun.

My parents make too much money for me to get government assistance, but they don't pay for anything.

So I have to get up at 3:50 a.m. almost every morning to go to work before school.

Every week I have 25 hours of scheduled work, 25 hours of scheduled class time, and 25 hours of homework.

My average day is between 16 and 18 hours long.

I am forced by fatigue to go to bed around 8:30 or 9 p.m.

I'm tired, depressed and emotionally unstable.

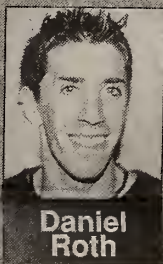
I, like most students at Conestoga College, am overworked and underappreciated.

It has come to my attention that few people really understand what being a student in today's times is about.

With the higher demands being expected by employers students must learn as much as they can to succeed after graduating.

On top of a burgeoning school workload most students have to work a job in order to survive, which means they are not getting the rest needed to focus in school.

Recently I was at work chatting with one of the forklift drivers about school. He remembered



Daniel Roth

college as being a great time; all he did was drink and party.

My initial thought was, "if that's all you did in college it should be no surprise you drive a forklift now."

That week I had more projects than normal due and was going on roughly four hours sleep a night. I was not particularly impressed with his comment at the time, however I knew he was kidding.

But it made me wonder what people really thought about college students.

When I tell people I attend Conestoga College their initial reaction is, "Oh, they have a nice recreational facility there."

People don't understand the high expectations the college places on its students.

If I told people I was working to get my bachelors in general arts at one of the local universities they would be fascinated.

From what I can tell people view college as nothing more than a glorified high school, and since it's a community college they think the college admits anyone into its programs.

Around 300 students apply for the journalism program and only 34 students are accepted into the first year. These numbers tell me the college has pretty high standards when it comes to admittance.

I know that the expectations to gain entry into the graphic design program are even tougher.

Not to sound conceited but the people who are accepted deserve to be there. They've obviously worked hard to get where they are.

Earning a college diploma is hard work.

So on top of high expectations for school most students have to work on the side in order to afford the simple things in life.

You know: food, rent, gas, car insurance, books and any other little thing associated with school.

If people aren't questioning me on what I do at school they're questioning me on why I am working 25 hours a week and going to school full time.

I normally tell them if they want to pony-up the dough for half of my tuition fees and cost of living I will gladly cut back on the hours I work. They always decline.

I also have duties at home I'm expected to do in order to help the family. I have a sister in Grade 9 to assist me.

Anyone who has a younger sister fresh into high school will understand my pain. They know she does next to nothing around the house.

Her favourite excuse is, "I'm too busy."

I, like most students at Conestoga College, am overworked and under appreciated.

I sacrifice rest and health to do well at school.

So if you see me with a glazed look in my eyes wondering aimlessly through the hallways, please, buy me a coffee and take me back up to the Spoke production room.

Ask for Christina Jonas, the program co-ordinator, she'll put me back with the others.

Maiden name worth keeping

Recently, while playing a game of Men are From Mars and Women are From Venus with a few of my college friends, I was shocked by an answer the men gave.

They were asked when it would be OK for a woman to keep her own last name when she got married.

The options were: a) for her career, b) if she wanted to, and c) never, it would confuse the children.

Having an open mind, and believing that the men I was playing with did too, I naturally chose answer B.

I was shocked to learn that all the men agreed on answer C. I was so shocked that I told my boyfriend about it later that night.

To my surprise, he agreed with the men. Strongly agreed.

This really disheartened me because I plan to keep my last name when I am married.

After all, what is so wrong with wanting to keep my last name?

For me, keeping it means I get to keep my identity. My name and I have been through a lot together, both good and bad.

We survived jeering from grade school children who cleverly thought of the rhyme, boring Goring.

We were together when I received an award from the University of Guelph for a poem I wrote and it is the last name that is on my high school diploma, which I worked incredibly hard to achieve, and will be on my college diploma.

In addition, by keeping my name I wouldn't have to go through the hassle of changing all of my identification (driver's licence, credit cards, health card etc.)

But most important, in a busi-



Michelle Goring

ness like journalism, name recognition is important.

If my present boyfriend and I do decide to get married, it probably won't be for another five years or so. By

that time, I will have established myself in my career.

Think about it. When you read something in the paper you like, you look at the byline and remember the names of the reporters who wrote the articles so you can read more of their work.

I know I do it. So, what would happen if I suddenly began using a different name? Would anyone be able to figure out that it's the same person, only married?

It's possible, but it's not something I'm willing to chance.

My boyfriend had a few good points for changing my last name to his if we decided to get married.

He believes that people would think that our children would be born out of wedlock and assume we were not.

He said the children might be confused because mommy would have a different last name then they would. In addition, he believes that his family would be insulted.

After all, for the married women in his family, keeping their own names when they were married was something they never considered.

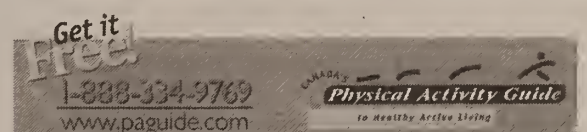
I understand where he is coming from. Nevertheless, I think he should take a minute and try to see where I'm coming from:

After all, if it's such a big deal for us to have the same last name, maybe he should just take mine.

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Breaking the stereotypes

Man takes on challenge of nursing

By Denis Langlois

This is the first article in a series on students in non-traditional roles.

In a world filled with stereotypes and old-fashioned beliefs, it is often difficult to change the way people think and act. There are, however, some people who will let nothing stand in the way of achieving their goals.

For one first-year nursing student, overcoming stereotypes is just another small obstacle in the journey of becoming a male nurse.

Brian Clinansmith, 31, is the only male in his class and said it is sometimes hard being in the minority.

"It's difficult," he said. "Sometimes I feel like I am on the outside."

He said the females in his class try to treat him like he's one of the girls but it doesn't always work.

Clinansmith got into nursing, not to break stereotypes, but because of his desire to help people and the influence of his family.

"My mother is a nurse and my

father has had some severe medical problems in the past few years," he said.

Last year Clinansmith took a general arts and science health option and said he knew he either wanted to become a nurse or a paramedic.

He decided nursing was more for him because of his care for people and desire to help them recover.

"Nurses have more interaction with the patients and they sometimes know more than the doctor when it comes to the patient's needs," he said.

He also said nurses have a greater opportunity for advancement compared to that of a paramedic.

One day Clinansmith hopes to become a nurse in an emergency room or children's hospital.

"I have worked with kids before and it makes me feel good knowing they are happy and healthy," he said.

He also hopes to get a degree in nursing when the timing is right.

"I want to get a job after I get my diploma and then finish the degree part time," he said.

Although many stereotypes still

exist in the nursing profession, Clinansmith said the majority of people he has encountered have been supportive of his decision.

"All my classmates and instructors are supportive and encouraging," he said.

Also he has had the opportunity to talk to people in the field and said in some areas there are demands for male nurses.

"My size is a little bigger than most, so I would have more strength when it comes to lifting and moving patients," he said.

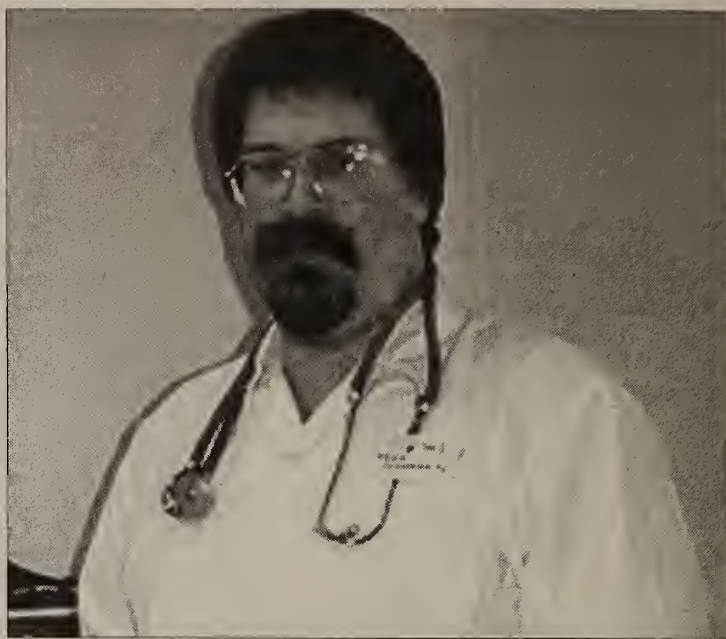
As far as the stereotypes are concerned, Clinansmith said he intends to prove that men are just as capable to do the job as women.

"I will show the patients that I care as much as the female nurses do," he said.

For now Clinansmith said he enjoys the nursing program, despite the hard work.

"It's a lot of work, but I enjoy it," he said. "If my love for it stopped, I probably wouldn't do it anymore."

Although he is only in the first year of the program, he has advice for people who wish to enter a field



Brian Clinansmith, a first-year nursing student, is the only male in his class, but he doesn't let it stand in his way of pursuing his goals.

(Photo by Denis Langlois)

that is usually dominated by the opposite sex.

"If it's what you want to do, and

you are good at it, you should be able to pursue whatever career you want to," he said.

Conestoga represented at national wood show

By Laurie Vandenhoff

Students, alumni and teachers were on hand to represent Conestoga College on a national stage at the Woodworking Machinery and Supply Expo in Toronto.

The biennial event, which ran Oct. 26-28, played host to a number of big names from the woodworking industry. It also featured workshops, employment information and competitions.

"It really brings you up-to-date," said Peter Findlay, a Conestoga College woodworking teacher. "It's important for students and faculty to go. It makes them aware of what's new and current to the industry."

However, for six woodworking students the expo meant a chance to participate in the student competition.

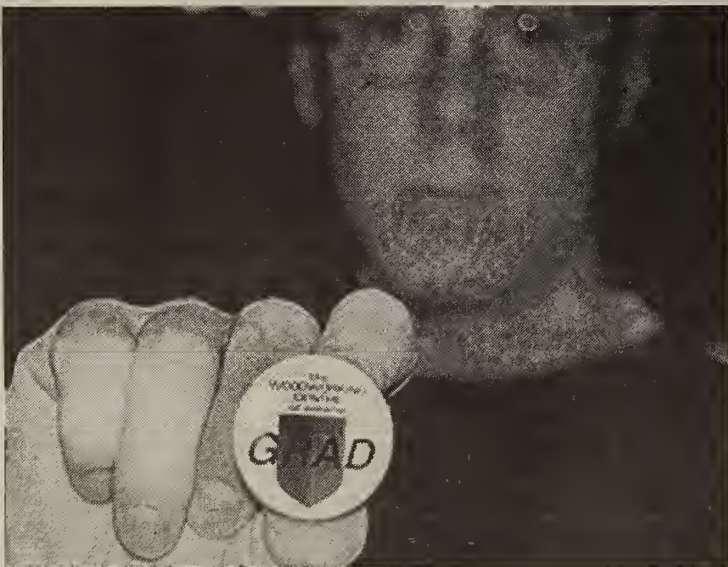
A poor turnout this year meant only two teams competed, with Conestoga achieving a second-place finish.

The rules required them to build and design a piece of office furniture using wood products.

Team members Mike Koning, Shawn Dickie, Aaron Milley, Jason Szalay, Tom Macintosh and Ryan Mansfield built a stool in the weeks prior to the competition. The Bearing stool, the name they christened it with, features a swivel top and enclosed shelves that take a lazy Susan design.

The team faced high expectations after Conestoga College won the last competition with an original table design.

The last competition involved different rules and seven or eight competitors, said Findlay. "We



Shawn Dickie, a second-year woodworking student, displays the pin alumni wore at the Woodworking Machinery and Supply Expo.

(Photo by Laurie Vandenhoff)

would've liked to see more competition. We'll have to see if we will run again."

A team from Koolenay School of the Arts in Nelson, B.C., took first place with their mobile computer table. The winners received a power tool to be used by their program.

Since the school paid for the materials used to build the stool, it will be displayed at the college and used to promote Conestoga's woodworking program at future woods shows.

While at the event, team members viewed the numerous displays. The big names and demonstrations were impressive for the students who will be entering the workforce in the years to come.

"The show is our link to the industry," said Findlay. "Dozens of

our grads were at the show," mainly working as supply and company representatives at the booths.

Findlay and other woodworking teachers asked Conestoga graduates to wear buttons to identify themselves as alumni of the program.

While graduates ran company booths, present woodworking students operated a booth for Conestoga College. They were given the opportunity to meet and talk with Jane Stewart, minister of human resources development Canada.

Stewart appeared at the expo to announce the formation of a sector council that is being set up for the secondary wood products industry.

It will create initiatives for training and will encourage young people to take part in the woodworking industry, said Findlay.

Media blowing war out of proportion

By Mike Metzger

Terrorism. A month ago that word would cause goosebumps on people's skin.

But now, if you're like me, hearing that word is like hearing nails on a chalkboard. I don't know about anyone else, but I think people are missing one of the biggest effects of the Sept. 11 attacks: the antagonism of the media. I know what you're thinking, I am a part of the media, and believe me, it's not something I'm proud of right now.

Every media outlet in North America is aiding Osama bin Laden's cause by irritating an entire continent, and possibly the world. People have the right to be kept informed about the latest developments, but most of the time there are no developments. Journalists fill airtime and newspaper space by asking the same questions everyday and by finding new ways to restate the same facts.

Oh yes, it's a great time to be a journalist. It's pretty easy to find something to write about. If bin Laden breaks wind, there's a reporter there to cover it. But are more important stories losing out to "America's New War"? Journalistic integrity has become obliterated by crass commercialism. I'm sure the executives at CNN think this new war is the greatest thing to ever happen since the station's existence.

I find it simply amazing how a news station can report for 24 hours when barely anything new happens from day to day. I do enjoy checking CNN everyday, though, for the latest title of the war. My favourite is "America strikes back."

America isn't technically strik-

ing back. The attack on the World Trade Center was a section of the world striking back for decades of devastation caused, or influenced by the United States. The media won't show that side of the story, however, and instead they play up a tragedy that wouldn't be uncommon in the Middle East.

CNN isn't the only culprit of cashing in on human misery. I have a hard time watching a sporting event lately without wanting to vomit. The seventh inning stretch in Major League Baseball games is now designated for God Bless America no matter what city the game is played in. A Rangers game at Madison Square Gardens was interrupted for a speech from President George W. Bush that didn't contain any groundbreaking statements or discoveries.

It seems like everyone wants to steal from the wallets of people that can't get on with their lives. Whether by forming super groups, or on their own, musicians are flooding the radio with cheesy songs filled with fake emotion and "tear-jerking" lyrics that they probably didn't write.

I sympathize with every victim of this horrible tragedy, and I don't think people should just turn a blind eye to those who have lost friends and family members. But ghing yourself to a TV screen to see some military analyst or professor get their 15 minutes of fame is not the best way to help.

Donate blood, give to Red Cross, support any charitable cause that has come out of this, and then move on. If we are to win this war against terrorism, real life has to resume, or bin Laden has already won.

Christian group keeps the faith

By Mary Simmons

Conestoga Christian Fellowship challenges members to be bold in their faith and go out into their community and share the message of Jesus Christ.

In leading one of their weekly Thursday meetings, David Robinson said Jesus is the dividing line between Christianity and other religions. Christians should be proud of their faith in their saviour.

The topic of this study was justification as it pertains to Christianity.

The concept is that God has declared us righteous in his eyes. As human beings, we don't have to do anything to deserve this declaration.

It is given because of the sacrifice Jesus made on the cross and received through our faith in this act.

Robinson said this is the issue which divides Christianity from all other religions.

People find it very hard to accept that they don't have to do anything for their salvation. It has already been done by Christ. He

made the ultimate sacrifice so we don't have to.

People want to impress God, Robinson said. They find it hard to believe it isn't necessary.

Hand-in-hand with the concept of justification comes that of the Trinity, the cornerstone of the Christian religion.

It is the belief that God is three in one: God the father, God the son and God the holy spirit. Because of the Christian belief in the divinity of the son of God, it can be a stumbling block to some people.

It's a hard concept to grasp, Robinson said. Many Christians don't even fully understand it, but it's fundamental to our belief system. No other religion holds up a perfect man, who is also God, as a model who has taken away the sins of the world. He has done the work for us.

The events of Sept. 11 have caused many people to look deeper into their own belief system, as well as those of other religions. People have growing questions about what it means to be a Christian, Muslim, Sikh, Hindu, Buddhist or Jew, to name a few of



Members of the Conestoga Christian Fellowship have weekly Bible study meetings in Room 1C23 on Thursdays, 5:30 to 6:30 p.m.

(Photo by Mary Simmons)

the dominant religions in our world. Each individual interprets the holy books of each religion in their own way, according to their

own life experience.

Conestoga Christian Fellowship can answer questions on Christianity.

Anyone who wishes to join the Bible study can attend the weekly meetings held on Thursdays from 5:30 to 6:30 p.m. in Room 1C23.

Tips help you live with your roommates

By Marcy Cabral

For many students the college experience is filled with classes, new friends, partying and, oh yeah, roommates.

Sharing a living space with other individuals is not as perfect as most first-time roommates tend to believe. There are conflicting ideas of what "clean" really means, whose turn it is to cook or wash the dishes and who really racked up the phone bill.

As someone who has shared an apartment for more than a year I have experienced all the roommate problems possible. There have been countless times when I have wanted to move out or even better ship my roommate off to a remote island

where she would have to do everything for herself. But then I took a hard look at the situation and decided I had to deal with the problem myself. So my roommate and I sat down and had it out.

First, we discussed the cleanliness issue. For the past year I have been the maid in the apartment and decided that was not going to happen any longer. We agreed on what the apartment should look like and devised a sort of schedule.

The bathroom is to be cleaned a minimum of once every two weeks, the living room carpet is to be vacuumed once a week to suck up the dog hair and the kitchen is to be tidy for the next person to use it. We are both students and realize there are times when schedules are hectic and

there just isn't any time to squeeze in cleaning a bathroom. So there are no time restrictions on when things have to be done because there are always extenuating circumstances.

We also discussed when and how the bills are to be paid. When we moved in I took on the responsibility of getting cable and a phone line so the bills are in my name and addressed to me.

I paid all the bills on time and then informed my roommate of what her portion was. This simply was not working.

I was making the payments and not being reimbursed until two months later.

So we decided that upon arrival of the bills we would both sit down, review them and decide on a date

before the stated bill due date to go to the bank. I would pay the bills and then she would pay me her share before the money was taken out of my account.

Last but not least was the issue of parties. Between the two of us there were never really any parties, but rather small gatherings. We decided that before either of us had people over we would have to make sure it was alright with the other person.

If one of us had a paper to write or an exam to study for then the other individual would be considerate and not choose that specific day to have a get-together.

We also agreed that during these gatherings any food that was eaten would be bought separately from the groceries.

College enrolment soaring

By Janine Toms

Conestoga College increased its enrolment this year with 5,036 students in post-secondary programs, an increase of 6.7 per cent over the fall 2000 term.

"Our increase of 6.7 per cent is noteworthy, as it comes with upholding our traditional admission standards, which tend to be among the highest in the system," said Fred Harris, Conestoga's registrar.

Admissions at Conestoga College follow the high standards of looking at the applicant according to their academic strengths. Looking at applicant's marks for each program at Conestoga can determine the chances of success a student will have in the program. The college has been forced to expand its facilities in order to meet the growing demand of the increased student population.

Enrolment at Ontario community colleges has escalated an average of 2.7 per cent for the fall 2001 semester.

Only four other colleges in the province (Mohawk at 8.2 per cent, Northern at 2.1 per cent, Sheridan at 7.7 per cent and St. Clair at 7.1 per cent) have shown enrolment increases greater than Conestoga.

Some of these numbers reflect fluctuating enrolment whereas Conestoga has experienced a steady growth. Conestoga's full-time post-secondary enrolment has risen by a total of 9.62 per cent over the past two years.

Catnap



Second-year computer engineering student Mike Lantz catches a catnap between classes in the Sanctuary.

(Photo by Janine Toms)

Winter tips help heat your home at low cost

By Sarah McGoldrick

Often some of the highest costs of living can be keeping your home warm in the winter.

Students looking for ways to keep bills low and the heat high can turn to alternative methods besides turning up the thermostat.

Ehow.com offers many suggestions on keeping the house warm all winter long.

These include:

- Having chimneys inspected and serviced.

- Trimming trees away from the house which prevents damage to siding and walls which could result in cracks.

- Shutting off outdoor faucets which prevents pipelines from freezing.

- Installing storm windows and weather stripping.

- Checking for cracks around pipes and outlets that enter or exit walls.

These kinds of precautions and repairs can save lots of money in the long run because they prevent the escape of warm air and the entry of cold air.

The U.S. energy department also offers many suggestions to keep bills low. These include installing a programmable thermostat to automatically lower nighttime temperatures (turning the thermostat down at night is also helpful) and closing doors to rooms that are not in use.

Other easy ways to keep warm without having to turn up the thermostat include:

- Wearing thermal clothing or layers while in the house.

- Putting a hot water bottle in the bed before going to sleep.

- Wearing socks to bed.

- Wearing slippers and a house coat when in pyjamas.

- Sleeping with layers of covers.

- Using a draft dodger below doors that are not opened often such as storage closets or doorways to balconies.

A draft dodger can be one of the simplest ways to keep unwanted drafts from entering your home. One can be made by stuffing an old pair of nylons with cotton or socks and sewing the nylons at the end.

Making sure that vents are not blocked and air can flow through easily keeps the constant turning on and off of the furnace to a minimum.

Also keep the front door and the screen door closed to prevent a draft from entering the home.

Another often forgotten method of low-cost home heating is opening the blinds or curtains in the morning to let the sun shine in. The heat from the sun can be a natural furnace as well as a way to keep the winter blues away.

It is also important to be creative and try many different methods of saving heat. In the long run the savings will be great and the winter will be nice and warm.

Bus pass fee not feasible

By Tori Sutton

In the first few weeks of school, it is not unusual to see students lining up near door five to obtain a bus pass valid for one semester for a reduced price. However, at some colleges and universities, no such lineups exist.

Bus passes are provided for some students by the school after a fee is paid to their student union, included in their tuition.

In many cases, the added fee applies to every student, and does not offer those who own cars or commute from other cities to opt out of the plan.

Although this system may seem like a convenient way to obtain a

bus pass for those who depend on public transit, interested Conestoga College students should not plan on getting a bus pass through this method anytime soon.

There are many reasons why this would not work at the college said Jody Andruszkiewicz, vice-president of academics for Conestoga Students Inc.

"While I'd like to see a push for public transit, the area itself is not busy enough," he said. "We are not in a geographically viable spot to consider it."

The college is not on any mainline bus routes, and only three bus routes stop at the school. As well, the majority of students commute

from out of town or drive their own cars.

The CSI is not willing to have all students pay for something that some will not use, said Andruszkiewicz. Currently all mandatory fees are for things students can access at any time, such as the recreation centre.

As well, providing every student with a bus pass would not be enough to convince more students to take the bus to school in the morning because of the inconvenience said Andruszkiewicz, who spends approximately one hour every day taking three buses to get to school from his Kitchener home.

Although a bus pass fee is not

feasible at Conestoga, some students at other schools enjoy their mandatory pass policy.

Erin Ferneyhough, a second-year fine arts student at Fanshawe College in London, is grateful for her school's method of granting passes to students.

"Without going through Fanshawe, I wouldn't be able to afford a bus pass," she said. "I don't know how I would get around."

Conestoga students interested in bus passes can purchase a discounted student pass for the January semester for \$169, or purchase a variety of full-priced passes at the Grand River Transit terminal on Charles Street.

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Prepare your car for winter

By Tori Sutton

This is the first in a three-part series on winter car and driving safety.

With the snowy season fast approaching, students should be taking steps to prepare their vehicles for another Ontario winter.

Cars, much like people, function differently in cold temperatures. It is important to winterize vehicles to prevent roadside failures and accidents in the snow.

For those who have never pre-

pared a vehicle for slushy roads, a quick search on the Internet or a phone call to a local mechanic can provide owners with basic winterization techniques.

Before a major snowfall, the vehicle's exhaust system, battery, heater, defroster, wiper blades, washer fluid, emergency signals, headlights and tires should all be checked. If you are not comfortable making these inspections yourself, making an appointment with a trusted mechanic can be helpful, especially when the consequence is spending the night in a

snowbank. Make sure you are familiar with car features such as anti-lock brakes and built-in traction devices.

Other than carrying a cellphone, the most frequently suggested winter safety device is a kit kept in the trunk of a car for emergencies. Such kits should contain winter necessities such as:

- A small shovel to dig out tires stuck in snow.
- A small bag of sand or cat litter.
- Blankets and a plastic tarp in case of a breakdown.
- Extra washer fluid and gas line

anti-freeze.

- A good set of jumper cables.
- A flashlight and spare batteries.
- Waterproof matches.
- Basic first-aid kit.
- Small emergency flares.

It is also suggested that a change of clothes be kept in the car, in case you become snowed in and have to stay in a hotel or at a friend's house.

Headlights, taillights, and car windows should be kept clear of snow so the driver can see and be seen by other cars. Keeping a lock defroster or lighter in your purse or

pocket is also a wise decision, since a lock defroster in the glove box does not help when you cannot get into your car.

Drivers should also remember posted speed limits do not take into account heavy snowfalls, and that bridges and overpasses are prone to icing over. Driving with caution is always the best way to prevent accidents.

Winter can be hard on people and on cars. By properly winterizing your car and practising safe driving techniques, you can experience a warm, accident-free winter.

Beware of sleeping aids

Substances grouped into six categories

By Stacey McCarthy

Insomnia plagues many students throughout their college years. Some take caffeine pills to stay awake but others also take sedatives at night to combat sleeplessness. Unfortunately, few know what sleep aids really are or what they do.

Sleeping pills are the most popular choice by students to induce sleep. However, sleeping pills may quickly become addictive. Individuals who take them can develop a tolerance, (a gradual reduction in effect) after a couple of weeks.

According to the Altruist Biomedical Network online, there are other substances available to combat sleeplessness, which can be grouped into six major categories.

■ Benzodiazepines/related drugs (includes sleeping pills)

These are the drugs most commonly used for relief of sleeping problems. Some benzodiazepines induce sleep while others decrease anxiety, allowing an individual to fall asleep.

Some benzodiazepines stay in the system longer, which can lead to daytime drowsiness that is comparable to a hangover. They may also cause rebound insomnia, early-morning waking and daytime anxiety.

Benzodiazepines are classified as controlled substances because there is the potential for dependence and substance abuse when taking them. Long-term usage can also produce withdrawal symptoms when stopped abruptly, and an overdose can result in death.

■ Antidepressants

These sedating drugs are undergoing resurgence in popularity. They don't have the same dependence and withdrawal risks associated with benzodiazepines, and are most effective in treating insomnia where stress is the underlying factor.

■ General hypnotics

Most hypnotics are prescription aids that act by depressing the central nervous system to induce sleep. They can cause unconsciousness, and in excessive doses even coma and death. These drugs also carry the potential for dependence and abuse.



More and more people are turning to sleeping aids to combat insomnia. Few know however, what sleep aids really are and what they do.

(Photo by Stacey McCarthy)

■ Antihistamines

These aids are notoriously ineffective in treating sleeping disorders. As well, users build a rapid tolerance to the drugs, which may also produce daytime drowsiness in users.

■ Herbal products

The use of herbal products is on the rise. However, there continues to be a problem with standardization of herbal supplements. This occurs because ingredients in one company's product may have different effects than another company's product. Never mix herbs and prescription pills because their effects together are addictive and result in side-effects that include coma and death. There is still a great need to examine herbs more closely to determine how and when they can be used safely.

■ Melatonin

Melatonin is a naturally occurring hormone that is produced by the pineal gland at the base of the brain. It regulates natural body rhythms – increasing in the evening as the sunlight diminishes and decreasing in the morning as the

sunlight returns.

A number of people suffering from sleep deprivation are turning to sleeping aids. Sleep deprivation can result from difficulty falling asleep, difficulty remaining asleep, early morning awakening and sleep that isn't restorative.

However, instead of using medications, try some alternatives instead. Don't drink coffee after dinner, increase your exercise, take a warm bath, don't drink alcohol, eat light dinners and don't go to bed upset.

If these suggestions don't help, consult your doctor. Most cases of insomnia are caused by stress, poor sleep habits, prescription medications, depression or caffeine. It's important to deal with insomnia because continued sleeplessness results in reduced productivity, increased risk of accidents and increased risk of excessive drug and alcohol use.

Overall, it is essential to talk to your doctor before reaching for the pill bottle – there may be a more natural remedy available.

Being healthy doesn't have to be expensive

By Stacey McCarthy

I had always thought that in order to be healthy I would have to spend a lot of money. My refrigerator would be stuffed with Lean Cuisines, my membership for Bally's Fitness club would be lost among "get healthy" and "slim down" books piled on the table. My cross trainers would be resting beside a bag of newly purchased multi-vitamins and herbal potions.

I quickly discovered that it is possible to both save money and be healthy through a specialized food and exercise program. However, as with any new regime, check with your doctor to be sure you are on the right track and not overextending yourself.

While getting healthier, it's important you don't forget to consume food from each of the main groups – grains, milk products, meat, and fruits and vegetables. Grains like wheat, oat and rice are cheap, take very little time to prepare, are healthy and taste good too.

Unfortunately, maintaining a fresh selection of fruits and vegetables can get pricey. That was my main concern when I started research on "getting healthier."

I didn't manage to find a quick, easy solution to the problem though. There's a good chance that you might still have to splurge on fresh fruits and vegetables.

Only one solution was offered for students on a limited budget – a time-consuming, involved solution – those easily frustrated may choose to continue browsing grocery

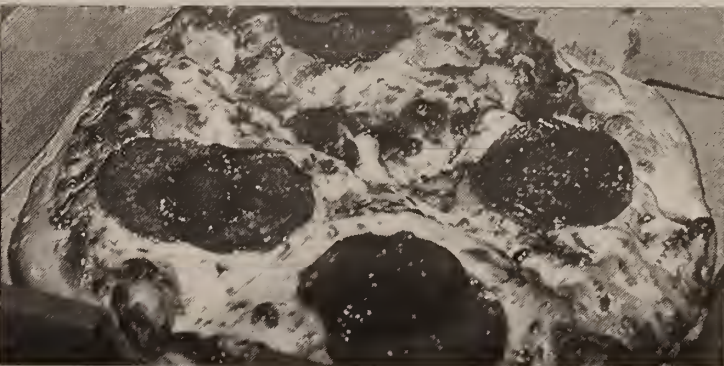
aisles. The suggestion was to try growing a garden. Nutritionists agree that in addition to saving you money, a garden will get you outside enjoying the air, however brisk it is becoming.

It's not necessary to live in a warm climate to grow a garden either. Students who live in condos and apartments can plant fruit trees as well. And by "fruit trees" I don't mean a small forest of 10-foot-tall apple and cherry trees. These trees can include tomatoes, green peppers and beans, cucumbers and zucchini – any seed-bearing produce that develops from a flower. You can grow these in a window box but if that is impossible, find a spare corner that gets light from a window and set up a small garden box.

You can even plant sprouted seeds and beans in a jar by your kitchen sink like lentils and alfalfa, which contain both fibers and essential minerals.

Proper, regular exercise is also key to maintaining a healthy lifestyle. Efficient exercise can be done in your own home at no additional charge. If you enjoy music turn it on and crank it up – dancing is a great way to burn calories. Other easy exercises that don't require additional funds are walking, running, yoga, pushups and sit-ups.

Practise a safe exercise regime and stick with it. Look at what food products you spend the most on and evaluate them to see if you can find an alternative. Above all, be safe and smart about what you choose.



Many students are turning to cafeteria and fast food for lunch which can be more expensive and less healthy.

(Photo by Stacey McCarthy)

Conestoga haunts Fiddlers Green

By Tannis Wade

Students from Conestoga College spooked the city of Cambridge during a Halloween bash at Fiddlers Green Irish Pub. Buses left the student residence three times between 8:30 and 10:30 p.m. to take students to the pub on Nov. 1. Bloody nurses, pimps, balloon people, ballerinas and of course this year's favourite costume, firefighters, were all spotted at the event. Spirits were high as a festive mood filled the air.

Halloween decorations were scattered throughout the bar. Pumpkins lined the staircase and orange pumpkin lights cast an eerie glow on all the guests. Conestoga Students Inc. (CSI) president Jon Olinski said the night was a success.

"It was definitely a good night. It is a good venue and Fiddlers always offers a great time to students," Olinski said. Buses were crowded going both ways and a waiting line formed outside of the bar shortly after 10:30 p.m.

There are two floors at Fiddlers where people can choose which type of entertainment they are in the mood for. The main floor housed a live band called Zygoté. Their style was more into the alternative rock music, which appealed to many people there. Tables surround the stage for a more casual and relaxing bar experience. This area seemed more like a traditional pub than a dance club.

Upstairs the energy level was through the roof. A DJ played dance, techno and house music that is more common in clubs. The dance floor was packed with people all night, dancing and waving their hands in the air for prizes. Some people had to wait to go upstairs until others came down because it was so crowded.

"I was surprised not everyone was in costumes," said Olinski, who rented a pimp costume for the occasion. "But there were a lot of



Mike Harris, college student governor with the board of governors, left, and CSI president Jon Olinski dressed as pimps for the Halloween bash at Fiddlers Green on Nov. 1. (Photo by Tannis Wade)

good ones I saw, some people went all out," he said, referring to one person dressed in an elaborate costume of the Predator.

Student's identification was checked at the door and wristbands and stamps were issued to those who were of legal drinking age. Olinski said Conestoga student residence likes to offer events that appeal to people of all ages.

"We book events with Fiddlers because they are really good about

offering all-ages events," he said. Since school started in September, there have been at least two other trips to Fiddlers involving Conestoga College.

Transportation left the bar to return to residence a few times between midnight and 2 a.m. Students had the opportunity to have a full night for little cost. Cover was free for all Conestoga students and there was a \$3 charge for bus transportation.

Be prepared when getting a cat

By Kathleen Deschamps

Many students who move to college feel the need to prove their independence. Taking care of a pet is a perfect way to prove responsibility. Having a cat is the golden stepping stone from taking care of a fish, and a step away from taking care of another human being.

But these cute and cuddly creatures aren't like the Furby craze a few years back. You cannot take their batteries out.

Getting a cat should not be a last-minute decision; there are many things to think about before picking one up. Cats live for 15 years or more, and need attention. They can also be pretty expensive. Besides the initial cost of a cat, it will need to be brought to the vet. The cat will need a health check up and vaccinations against diseases like rabies and worms. Cats need a litter box, food, a scratching post and toys, among other things. They should also be neutered or spayed. The costs of these procedures may be costly but it is irresponsible to ignore them.

As for what kind of cat to get, think seriously about getting a mature cat. An adult cat already has a complete personality, so you know what you're getting. Adult cats usually adapt just fine

to new homes, and bond just as well as kittens. Adult cats also usually have a harder time being adopted because people want cuddly kittens.

It is also a consideration to get two cats. That way if the house is empty during the day, the cats can play with each other. Plus, it is cute watching the two animals interact with each other.

There are several places to get a cat or kitten. A great place to start is an animal shelter. The cost of adopting a cat from the Kitchener SPCA is about \$100. This is for a cat that is up on its shots. Getting a cat from a shelter is good because it saves the cat's life in many cases. Thousands of cats are destroyed every year because of irresponsible people who do not spay or neuter their animals.

Many people also sell cats in classified ads in the newspaper. The benefits of this can be the price. Many people are looking to unload unwanted kittens, or moving to a new home. Some are offered for free, while others cost as much as \$50. A bad place to get a pet is some pet stores. Kittens sold in pet stores are often two to four times more expensive than the same type of kitten bought from a private owner.



Thousands of unwanted cats are destroyed every year because owners don't spay or neuter their pets.

(Photo by Kathleen Deschamps)

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Canada

Conestoga dresses up for Halloween



First-year broadcasting student Shawn VanLoon shows off his tiger costume on Oct. 31. (Photo by Shannon McBride)



Andrew Catherwood, first-year general arts and science student, dressed up for Halloween. (Photo by Denis Langlois)



Children in the Sunshine Room at the Doon Daycare Centre dressed up for the day care's annual Halloween party on Oct. 31. (Photo by Marcy Cabral)



The mother-daughter team of Amy (left) and April Hanje get in the Halloween spirit in the main cafeteria on Oct. 31. (Photo by Marcy Cabral)



Campus employees (from left) Julie Welch, Erica Stoermer and Sara Free get into the spooky mood on Halloween. (Photo by Julianna Kerr)

Ring design exclusive to Conestoga students

By Janine Toms

As the class of 2001-2002 prepares for graduation, more students are contemplating the purchase of school rings to commemorate their scholastic achievements.

This year at Conestoga College graduating students are proud of their accomplishments and are purchasing school rings in recognition of their achievements said Steve Kalotins, sales representative for Jostens jewelry, who had a sales booth at the college last week.

"There is more pride today with kids and their school graduation and the school ring is a symbol of their accomplishment," said Kalotins.

This is the first year the Jostens collection features a design exclusively for Conestoga College. Jostens Traditional Ring Collection for Conestoga students is offered in a variety

of ring styles.

The ring features the college's coat of arms, which is composed primarily of a shield.

Within the shield are three phoenixes arising from the ashes and in the centre is a wagon wheel representing the Conestoga wagons used by the early settlers in the area from which the college takes its name.

Above the shield is a helmet, traditional heraldry and topping it all is a lamp of learning with maple leaves.

Graduating third-year electrical engineering technology student Herman Mulder has ordered a school ring as a memento of his experience at Conestoga.

"I didn't purchase a high school ring; to me college is a lot more significant," said Mulder.

Ring prices range from \$230 to \$560 each. Included in the price is custom sizing, stone selection, engraving, and inscription.

A payment plan with no financ-

ing is offered.

Jostens Traditional Ring Collection carries a lifetime warranty.

Additional insurance packages are available, which protect against theft, loss, and damage.

The Jostens collection is meant to last a lifetime and to be passed down for generations.

"Jostens has been in business for over 100 years and is considered the largest school ring supplier in Canada," said Kalotinis.

The rings are on display and available for custom order at the bookstore all year long, however, Ring Days allow students to get personal attention from a Jostens sales associate.

"Kids are spending \$200 and \$300. They want to be sure they're getting the right ring," said Kalotinis.

Jostens will be returning to Conestoga in January 2002 for more ring day consultations.



Graduating third-year electrical engineering student Herman Mulder selects a ring from Jostens sales associate Steve Kalotins. (Photo by Janine Toms)

Homesickness typical for first-time students

By Kathleen Deschamps

You scrimp and save to finally move out of mom and dad's house. But then the inevitable happens. You desperately miss home.

Homesickness is a common occurrence that happens to many people who move away from home the first time they go to college. For the first 18 years of adolescence, children have their parents as a safety net. Parents give out advice, allowance and free rent. There's also just that cosy feeling of being at home, and having your mommy at your beck and call. When it is finally time to go to college, students commonly think of this time as the beginning of independence. While it is wonderful to have that freedom, many miss home.

Many students get homesick, including me. When I went away to college for the first time three years ago, I was raring to go. I had spent the past year saving as much money as possible at my part-time job, and was sick of my parents'

rules. I could never understand why they wanted me to be home so early, or why I had to tell them where I was going to be at all times. All I wanted was a taste of freedom. When it came to applying for college I purposely picked ones far away so that I could move out.

I chose Niagara College in Welland for my first crack at a career. I loved the first few weeks. New people, lots of parties, and no curfew. Then the homesickness reared its ugly head. I started to miss my mother badly. There was nobody there to help me with my homework, no one close to confide in, and my best friends were at least an hour away.

I went on to take journalism here at Conestoga a year later, and over this time I have found many remedies for myself and other people to help combat homesickness.

The first lesson is to get out there and meet friends. Yes, it seems easier just to go home and watch television, but it is great to meet new

people. This can be as easy as sitting in the Sanctuary, or going to one of the pub nights. There are usually a lot of first-year students looking to make friends. Talk to the people in your class, and learn their interests — I did and now I have a group of close friends right here in Kitchener.

The second rule is to keep in touch with all of your old friends. Don't make the mistake of losing contact with them. It is worth the phone bill to keep friends in your life. E-mail and write letters too. Writing is a great tool to use if you don't want to commit hours of your life to the phone.

The most important rule to combat homesickness is to express your feelings. Don't keep them bottled up inside. The counsellors are great to talk to, or chat with people in your class.

So join a club, show your talents and have some fun. While nothing may be as good as mom's home-cooked spaghetti, college can be great too.

Learn new skills at rec centre

By Lisa Hiller

Whatever you want to learn to do, recreationally or athletically, Tony Martin wants to try to accommodate you.

The director of athletics at Conestoga College wants to start up a program in December called Learn To.

A student came up to Martin a while back and said he wanted to learn to skate. That's how Martin came up with the idea.

"I thought, there must be tons of things students haven't done," he said.

Martin said the varsity athletes would participate in teaching the students.

Originally the plan for Learn To was to teach only skating and hockey. But Martin said he will "try to accommodate all learn to efforts."

That includes learning how to play the varsity sports the college offers, which includes hockey,

indoor and outdoor soccer, softball, badminton and golf.

However, Martin said, "No recreation or athletic endeavour is impossible."

The program will be open to all Conestoga students, especially students living at the residence and international students.

Martin wants to know what students want to learn.

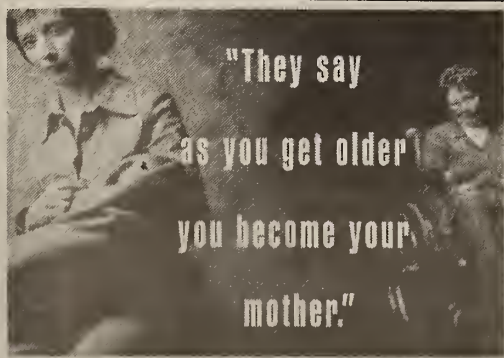
You can contact him by e-mail at tmartin@conestogac.on.ca or by phone at 748-5220, ext. 3270.

Shedding some light



Brian Erb uses a hydraulic lift to replace a light outside the business wing, as well as around the property. The lights typically last an average of three years. Physical resources monitors the lights with the help of security. Weak or burned out bulbs are replaced on a quarterly basis.

(Photo by Daniel Roth)



"I hope to God it's not true."

My mother is dying from Huntington disease. It's an inherited brain disorder that is slowly chipping away at her mind... her body... her soul.

It may take 10, 15 - even 25 - years before it finally kills her. And even then, the disease may not go to the grave with her.

You see, once you develop Huntington disease, there's a 50 percent chance you will pass the gene responsible for Huntington's along to your children. And

if they develop the disease, then their children face those same life-fifty odds.

Just like my mother, I wanted to give the gift of life. What have I done instead?

But there is hope. Recent research breakthroughs have brought us closer than ever to finding a cure.

With your support, we will beat this disease once and for all. Please call the Huntington Society of Canada today.

We need your help



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Canadians oversleep, says Statistics Canada

By Jullanna Kerr

Are Canadians lazy?

A Statistics Canada report says Canadians aged 15 years and over spend more time sleeping than doing any other activity. That's understandable, of course.

Both sexes in Canada spend about eight hours sleeping or resting every day. So why is everybody so tired all the time? Maybe it's because this culture doesn't do much to increase its energy levels.

Canadians work an average of almost eight hours each day. Also understandable. Money must be made. But a large portion of that working population sits for most of that time. No energy levels increasing there. Excluding restaurant meals, less than two hours are spent on cooking, eating and washing dishes after meals. Why are Canadians in such a

hurry to get through meals? Where are we hurrying off to?

Free time accounts for almost six hours of a Canadian's day. Almost half of that time is spent watching TV or engaging in other passive activity like surfing the Internet. So that's why we're in such a hurry. Are we reading? Not much. Canadians read books, magazines or newspapers for only 40 minutes a day. We socialize with family and friends for less than three hours a day.

What about exercise? According to Statistics Canada, most Canadians spend about 30 minutes a day engaging in semi-active sports or leisure like biking or going for a walk.

Between working and sleeping, more than half the day is gone. The hours left over could be used to improve quality of life by increasing energy and excitement

about activities. Although sitting in front of the TV can be informative, Statistics Canada reports have shown that Canadians are not watching it to learn much of anything. We're watching sitcoms. And occasionally the news.

Maybe the population over 15 years of age should pick up a book once in awhile instead of turning on the TV. Or try to remember how to socialize with actual people instead of the Internet. Or go for a walk.

The popularity of the Internet seems to be contributing to the sedentary lifestyle of many Canadians. So much information and entertainment at our fingertips keeps us firmly glued to our chairs.

Is this the lifestyle we want for our children? We spend more time with the TV than we do with our families, and we spend most of our time sitting.

Perhaps it's time for a change.

Teaching English can be rewarding

By Julianna Kerr

Teaching English in Korea is a rewarding experience for many and a disaster for some.

A few years ago, I took a five-day course in Ottawa to learn how to teach English abroad. The course was fun but intensive. Less than a week is not much time to learn anything. And I didn't really learn anything.

What the course amounted to was a giant binder full of information on grammar, suggested teaching plans, methods of learning and instructing, and marketing yourself to a language school in another country.

My class of about 50 students started off with a variety of destinations in mind. I wanted to teach in Turkey. But by about the third day, most of us had changed our minds. We were going to Korea.

Our instructor wowed us with success stories. Student loans were paid in full after only a year in Korea. The school paid airfare. Living expenses were minimal. Salaries were phenomenal. And best of all, we were all guaranteed

a job in the country of our choice within six months.

At the time, I had about half a university English degree. Our instructor put all fears to rest and assured us this was not an issue. Korea was so desperate to meet the growing need for private English instructors that the course I was taking was all I would need to teach. Part of a university degree only made our prospects better. Perhaps I was naïve.

Sure enough, my best friend snapped up a job in Korea after our course ended. Airfare paid, she was off. About a month later, I got a call from her saying her school wanted to hire me.

Two days later, I was out of work. Again.

Unlike her, I didn't have a university degree. As it turned out, it was illegal to issue a teaching visa in Korea without a degree, and had been this way for years.

In the hopes of clearing up this discrepancy, I attempted to contact my instructor of a few months before. His e-mail address didn't work. When he wouldn't return my calls, I started leaving messages

about the money-back guarantee. I didn't hear a peep out of him. He seemed to have disappeared off the face of the planet.

What I did hear were horror stories via e-mail from my classmates who had set up jobs through our instructor.

After arriving in Korea, more than half of them were left out in the cold, with a shady contract or no job at all. Imagine being dropped off in a country on the other side of the world with a different language and a different culture. And no help in sight. A few of my classmates discovered they had no place to live. A few of them got on the next plane home.

The good news was that part of what our instructor had said was true. Korea was booming and everyone wanted to learn English. As a result, most of my classmates who lasted a few weeks lucked into jobs, as long as they had degrees. Those who didn't had no choice but to leave.

So \$700 later I'm still in Ontario, and will be here until I get a degree, which may or may not happen.

This story has a much happier

ending however for University of Guelph graduate Matt VanVolkenburg.

When a friend visited from Korea bearing pictures and stories of great adventures, he decided to look into teaching there. He landed a job quickly near Seoul with only his history degree. No \$700 teaching course required.

VanVolkenburg said he earns about \$2,100 a month, which is more than he has ever made in Canada. His flight over was paid by his school, which also pays his accommodations. His trip home will be paid when he decides to leave Korea.

"I haven't really had any bad experiences here," he said. "I live in a nice apartment close to work and I have a circle of both foreign and Korean friends. I also have enough time and money to travel."

VanVolkenburg said many teachers experience dramatic culture shock and even depression in Korea. Many of them break contracts and go home. He said this can be overcome quite easily, as long as teachers can ride out the tough parts in the beginning when

they're adjusting.

"Korea is a very westernized country and it isn't hard to find the comforts of home," he said. "The Korean written language is easy to learn and the people here are friendly and curious about foreigners. If you like shopping, eating out or enjoying the nightlife, things here are relatively inexpensive."

VanVolkenburg had some advice to offer those interested in teaching in Korea.

"Before signing a contract," he said, "ask to talk to current or former employees of that school. They'll tell you if it's a good work environment or not."

He said learning about Korea's history can be helpful in understanding the country. "It is a culture entirely different from our own."

Finally, VanVolkenburg said foreigners can find everything they need in Korea. Well, almost everything.

"Deodorant isn't so easy to find here for some reason, but pretty much everything else is."

VanVolkenburg plans to renew his contract for at least another year.

Most students agree Tim Hortons will be a hit

By Shannon McBride

With a new Tim Hortons about to open on the Doon campus, Spoke went to students to see how they felt about the change.

Roasters is now a thing of the past. Tim Hortons' grand opening is just around the corner and almost every Conestoga student interviewed in a random survey Nov. 1 was thrilled.

Don Pierce, a first-year paramedic student, said he is happy about the switch because he thinks the new Tim Hortons will be cheaper than Roasters. "I didn't like the Roasters coffee," he said, adding that he always had to go across the road to the Homer Watson Boulevard Tim Hortons to satisfy his caffeine needs.

Third-year management studies student Chris Kapshey said he is very excited about the changeover. "I can't stand the wait," he said. Kapshey

said he also didn't like Roasters coffee. "It's not as internationally known," he said, adding that Tim Hortons is "a Canadian thing."

Kapshey is concerned about one thing though. He thinks the lineups will be long at Tim Hortons.

Trevor Zeidler, a third-year computer programming analyst student, said he thinks Tim Hortons will go over well because it is a bigger name brand than Roasters. Zeidler said he doesn't drink much coffee but he likes Tim Hortons' other selections including cappuccinos and fruit explosion muffins. "I like to see change," he said.

Third-year business administration management student Arijana Dolos said the new Tim Hortons will save her a trip to an alternate location to get her coffee. She never drank Roasters brand coffee either. To add to her list of pros, Dolos said Tim Hortons offers fast service and good prices. "Everyone thinks it's

the best," she said.

Aaron Pierce, third-year architectural construction engineering technology student, said he is pleased about the switch, but one thing bothers him — he may buy a lot more coffee. "I don't need to be drinking it," Pierce said.

Everyone surveyed seemed happy with the change, except for Adrien Lajoie, a third-year broadcasting student. He had a lot to say against Tim Hortons including that it is a huge monopoly that takes advantage of its size. It destroys the smaller competition that adds culture and uniqueness to our society.

"You can't drive two blocks without seeing one and that disgusts me," Lajoie said.

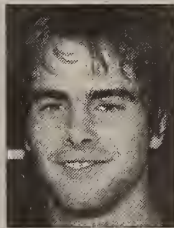
He also thinks it is one of the worst places to work because its employees aren't paid enough.

He said Tim Hortons takes advantage of people that are hooked on coffee.

"It's like a drug," he said.



Zeidler



Pierce



Pierce



Dolos



Lajoie



Kapshey

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Cult plays classics at Kitchener concert

Sixteen years is a long time to wait for the chance to see one of your favourite bands live.

On Oct. 30, my wait finally came to an end when I saw The Cult play at the Lyric Night Club in Kitchener.

Formed 20 years ago in England and led by lead-singer Ian Astbury, who spent some of his childhood in Hamilton, Ont., the Cult's stop in Kitchener is part of their extensive worldwide tour, promoting their seventh and latest album *Beyond Good and Evil*.



Julie Graham

After Hundred Mile House's set, I noticed I was probably one of the youngest Cult fans at the Lyric. The average age was probably 30 to 35 and I felt like a 23-year-old baby among the much older crowd.

Truth is, if not for my older brother listening to The Cult in the early '80s, I probably wouldn't have been at the concert. However, as a result of my brother attracting me to The Cult, I was there, waiting to hear such hits as *She Sells Sanctuary* and *Fire Woman*.

The five-piece band did not disappoint the huge crowd, pounding out a two-hour set full of their classic-rock hits.

With loud guitars and a huge drum set, The Cult seemed in tip-top shape considering their ages, displaying a high level of energy during their songs.

However, I was expecting more from The Cult. Every band has an image they are remembered for. The Cult included, seen in their videos with all things metal: the

flying long hair, the tight pants and leather vests.

Maybe I've watched too many of these videos and as a result, expected that '80s hair-band image to accompany them.

The five-piece band did not disappoint the huge crowd, pounding out a two-hour set full of their classic-rock hits.

I was disappointed to see lead-singer Astbury sporting short hair, new bright blue jeans and blinding white sneakers.

Washed-up Astbury also seemed bitter, obscenely telling the crowd off and curiously referring to Canadian band Nickelback in a demeaning manner.

Much too old for angst, Astbury seemed annoyed, perhaps a result of 20 long years on the road.

Nevertheless, I was psyched to hear *Love Removal Machine*, *Edie and Flower Woman*, songs I still listen to on tapes my brother handed down to me. The 16 years was well worth the wait.

HOROSCOPE

By Daniel Roth

Week of November 12-18, 2001

Happy Birthday Scorpio!

If you feel like you need to be alone on your birthday your friends will understand.

If the daily stresses of life have you feeling down, know that there is someone looking out for you.

Aries: March 21 - April 19

Things can only get better from now on. Only confide in people who are close to you and that you trust. Be careful when examining documents, one word can make a difference.

Luckiest day: November 12.

Taurus: April 20 - May 20

A loyal friend or an enthusiastic colleague will seem to be buzzing about in your life. They are full of energy and humour. Take their advice and you'll surely be better off.

Luckiest day: November 16.

Gemini: May 21 - June 21

If you have been ignoring your finances be sure to put them in order. If you feel uncomfortable with a situation or a person, don't hesitate to speak your mind.

Luckiest day: November 13.

Cancer: June 22 - July 22

If you have just finished with a stressful time in your life enjoy the break from stress. Be prepared to enter another very busy time this week.

Luckiest day: November 17.

Leo: July 23 - August 22

A close friend may not be as trustworthy as they seem to be. Be careful of someone who appears to be charming and nice but is really manipulative and spiteful.

Luckiest day: November 13.

Virgo: August 23 - September 22

Don't hesitate to talk about your problems with friends. If you are unhappy in a relationship know that a temporary separation may make it better.

Luckiest day: November 13.

Libra: September 23 - October 22

Unexpected money may be coming your way. All good deeds will be noticed. If you help someone they will return the favour someday.

Luckiest day: November 16.

Scorpio: October 23 - November 21

Opportunities may arise which will allow you to improve your life. If you try to make things better in your personal life chances are you'll succeed.

Luckiest day: November 14.

Sagittarius: November 22 - December 21

Pay close attention to your intuition this week. Your "gut feelings" are going to help you through tough times. Record any unusual dreams you have. You can make sense of them when you're awake.

Luckiest day: November 18.

Capricorn: December 22 - January 19

If the beginning of your week starts out poorly know that by Saturday things will be much better.

It only seems as though the weight of the world is on your shoulders

Luckiest day: November 13.

Aquarius: January 20 - February 18

Unexpected money may be entering your bank account this week. A loyal, humorous friend will help you through tough times.

Luckiest day: November 12.

Pisces: February 19 - March 20

If you put your mind to it, projects or dreams you have thought about for a long time will start to manifest. Putting the extra time into a project will pay off more than you think.

Luckiest day: November 13.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

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You're gonna do what ... ?



First-year marketing student Ryan Kaitting receives a flu shot from nurse Charlotte Wilson during vaccinations at Conestoga. From Oct. 29 to Nov. 2, 770 flu shots were given. Altogether 1,400 shots were administered.

(Photo by Kirsten Fifield)

The One is action packed

By Mike Metzger

If you're like me and you just can't wait until the sequel to The Matrix comes out, now you can get your fix by rushing out to see the latest Matrix clone, The One.

The sci-fi action thriller takes its special effects technology, called Bullet Time, directly from The Matrix.

As well, the makers of The One borrowed the same fight choreographers used by The Matrix and Crouching Tiger, Hidden Dragon.

The basic storyline of The One is as follows: There is not one universe but many. Each universe is made up of the same people, but their names and lives may be different.

The parallel universes can be traveled by using black holes, which one universe has the technology to forecast. That same universe has special agents to police unauthorized travel



through black holes.

Still with me? Good. Based on the theory of multiverses, a version of you exists in every universe.

Every one of you is connected by an energy. Every time one of you dies, that version's energy is divided between the rest. If all of you die but one, that person will in theory become "The One", and possess god-like powers.

Jet Li plays a man named Yulaw who is an ex-multiverse agent who is now wanted for 123 murders; the victims being the other versions of

himself. He is one kill away from becoming The One. The only man who stands in his way is a police officer named Gabe, also played by Li.

Since they are the only two left, Gabe and Yulaw possess equal strength and speed. Although the plot sounds complicated, it's actually very easy to follow.

If the plot doesn't hold your attention then the action will. Jet Li is the best thing to happen to fight movies since Bruce Lee. The fight scenes are absolutely amazing in this movie, and with the Bullet Time effects added in, you'll be spell-bound.

As far as acting is concerned, there are no brilliant performances. Li's acting has never been spectacular, but that's not what he's getting paid for. Delroy Lindo (Romeo Must Die, Gone In 60 Seconds) and Jason Statham (Snatch) play multiverse

agents assigned to bring Yulaw back alive.

A seasoned actor, Lindo gives his character the performance it deserves. He is much the same character as he played in Gone In 60 Seconds. He's a street-smart cop who plays by the rules and is willing to pay the ultimate price to bring back Yulaw. Statham gave a somewhat mediocre performance compared to his role in Snatch. He played the typical young partner with a chip on his shoulder, assigned to the hard-nosed veteran cop.

The climax of this movie is what makes it worth the \$12 to go see it. Jet Li is pitted in a fight against himself. The choreography is so seamless that you actually believe there are two Jet Li's.

I won't ruin the ending, but it is the only thing I was unimpressed with. All in all though, The One is a must-see movie.

Christmas season starts too early

By Denis Langlois

It is only a few weeks into November but stores are already full of Christmas merchandise. Now I am not a scrooge when it comes to Christmas, but I think the beginning of November is too early for companies to start benefiting from the most profitable time of the year.

It seems stores will do anything to increase the time consumers spend shopping for Christmas. Beginning to sell merchandise earlier means more money for large corporations and less in our pockets.

Companies must think if we spread out our Christmas shopping over many weeks we will spend more money and buy more merchandise. I don't know anyone who looks forward to shopping for Christmas in November. It is simply too early.

Every year after Halloween, and sometimes even before, stores bring out their Christmas merchandise and before you know it we are singing carols and sitting on Santa's knee.

Stores are already buzzing with people and the lines at the cash registers are getting longer. Fall doesn't seem to exist anymore either because the Christmas season starts so early. Fall is supposed to end in December, but it seems like it is already gone.

November should be a month to relax rather than a time to panic about Christmas shopping. We should just enjoy the outdoors before it gets so cold our noses freeze off. Because November has no holidays, we should just sit back and relax.

The cold temperatures are coming and we should try to have fun outside before winter really arrives. There is plenty of time in December to get all our shopping done and still have time to drink eggnog.

Christmas is the most overrated holiday of the year. People think it's their duty to buy presents for everyone just to show them they care. The question is: why do we have to start buying presents now?

My argument isn't with the many people who like to get their Christmas shopping done and out of the way early, but with the big corporations who will do anything to make us spend more money.

The only reason Christmas shopping starts this soon is so people will spend more money and not feel as guilty about it. It's so companies can spread out the most profitable time of the year and make money in December and November.

Christmas should be about love and caring and not about spending money.

PROCRASTINATION

The key is not eliminating procrastination, which is idealistic, but rather learning how to manage it, which is realistic.

PROCRASTINATION QUOTIENT
For each item indicate the column that most applies to you.

		Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
1	I usually find reasons for not acting immediately on a different assignment.				
2	I know what I have to do but frequently find that I have done something else.				
3	I carry my books with me to various places but do not open them.				
4	I work best at the "last minute" when the pressure is really on.				
5	There are too many interruptions that interfere with my accomplishing my priorities.				
6	I avoid forthright answers when pressed for an unpleasant decision.				
7	I take half measures that will avoid or delay unpleasant or difficult action.				
8	I have been too tired, nervous or upset to do the difficult task that faces me.				
9	I like to get my room in a good order before starting a difficult task.				
10	I find myself waiting for inspirations before becoming involved on most important study tasks.				
	TOTAL				
	WEIGHT	X4	X3	X2	X1
	SCORE				

Multiply the TOTAL row by the WEIGHT to get the SCORE for each column. Add up the SCORE row to determine your total score. That number is your Procrastination Quotient.

Procrastination Quotient: Below 20 – Occasional Procrastinator
21 – 30 – Chronic Procrastinator
Above 30 – Severe Procrastinator

For more information on Procrastination or other learning and study strategies, contact Student Services, 2B02, for an appointment.

STUDY SKILLS

Children's programs too violent

By Marcy Cabral

What do Mr. Dress-up and Pokemon have in common? Absolutely nothing.

I often find myself pondering this question after watching cartoons with my seven-year-old cousin. She sits there so intently and absorbs every word. Then I remember when I was her age and watching shows like Mr. Dress-up, Sharon, Lois, and Bram, and Romper Room, but there was something different then. I was learning.

Through those children's shows you learned how to draw, make crafts and the alphabet. Your brain was stimulated while having fun.

Today with popular shows such as Pokeman, Sailor Moon and the Power Rangers, 'children aren't learning. They are sitting in front of the television and watching mindlessly.

They are being taught that confrontations should be handled through violence and enemies should be vanquished.

"Today with popular shows such as Pokeman, Sailor Moon and the Power Rangers, children aren't learning."

Granted not all children's programming of today is based on violence, but for the most part children prefer watching the cartoons as opposed to Sesame Street or Blue's Clues.

When I was growing up violence was not an integral part of children's programming, but rather singing, dancing and reading were the basis of most, if not all, children's shows.

During my childhood years there were some cartoons such as Transformers that incorporated some fighting, but the amount of educational programs outweighed the violent ones.

Growing up with non-violent programs such as the Care Bears, the Smurfs, Fraggle-Rock and the Muppets has made me increasingly aware of what children are watching today.

When I asked my seven-year-old cousin which she preferred, Arthur or Sailor Moon, she instantly said Sailor Moon. Not because it was educational, but because Sailor Moon was a girl who beat out the bad guys.

My concern with most of today's children's programs is that the educational value isn't there. Gone are the days when you learned what sound an "s" makes or how milk gets from the cow to your refrigerator. If children's programming continues in this direction I can only imagine what children of the future will be watching.

Angel's Diner has unique decor

By Mary Simmons

Angel's Diner combines friendly service with decent prices and a nostalgic 1950s feel.

The decor features old-style booths and a big jukebox. All over the walls are posters of classic cars and celebrities of the 1950s: Marilyn Monroe, Elvis Presley, James Dean, Laurel and Hardy and the Three Stooges, to name only a few.

Located at 370 Highland Rd. W., Kitchener, Angel's Diner is a good family restaurant where kids eat free when accompanied by an adult. There is also a special menu with cheaper prices for seniors.

The portion sizes are also good. For \$7.95, I got a huge plate of rigatoni with meat sauce that I couldn't even finish. I took about half of it home in a doggie bag.

My brother got a combo special which included a greek salad, rice,



Angel's Diner, 370 Highland Rd. W., Kitchener, combines good food with a 1950s decor.

(Photo by Mary Simmons)

potato wedges and two skewers, one pork and the other chicken, all for \$11.95. The only thing that wasn't so great about this was that the salad was served on the same plate as the rest of the meal and he

complained of the dressing getting on the potatoes, but other than that, he reports that it was a good meal that left him full. . .and that isn't an easy task!

There were also tempting sun-

daes and black forest cake for a reasonable price.

If you're looking for a place to eat with the whole family, there's something for everyone at Angel's Diner.

CONCENTRATION

Successful students use a variety of techniques for identifying important information and committing it to memory.

Concentration is the ability to direct your efforts towards a particular activity or subject. To give it close undivided attention. There are specific skills that can be learned to enhance your concentration. Practicing them is likely to improve your success as a student.

IMPROVING YOUR CONCENTRATION

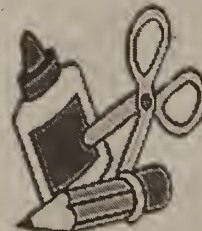
Your Study Environment:

1. Needs to be distraction free. (friends, computer games, TV, cell phones)
2. Must be conducive to studying. (good light source, desk, computer, comfortable chair)
3. Must have all the materials you need to study. (pens, books, computer, adequate space to spread out)



Structuring Study Sessions:

1. Estimate the amount of time you will need to study each subject. Underestimating time will result in having less time for other tasks, which causes stress.
2. Start with the difficult subjects first. Your ability to concentrate is highest when you start to study. It is always easier to find the motivation to do the subjects you like even when you are tired.
3. Plan a reward for a job well done.



For information on this technique and other learning and study strategies, contact Student Services, 2B02, for an appointment.

Take a sneak peek at online diaries

By Julie Graham

Everyone has their favourite Web site on the Internet, most of us use e-mail services and play games, and the more serious bank and pay their bills online. However, many are using the Internet as a personal outlet for their feelings through online diaries and journals.

We have probably all kept a diary at some point in our lives as a personal record of hopes, fears and secrets, usually kept under lock and key. However, as with almost every aspect of modern life these days, the Internet has changed all of that.

Within the last five years, there has been an explosion of diary sites and a huge increase of people using them. A Yahoo keyword search of online journals produces 521 Web sites and the more popular sites like www.livejournal.com boast they have more than 150,000 members.

Not to be mistaken with personal home pages designed by one person, these diary sites offer free membership for users to create and design a one-of-a-kind diary page to write on. All the technical work of FTP uploading and HTML writing is done for the user through volunteers and a few paid staff running the site. If a diary user allows access, anyone surfing the net can view their entries, full of intimate thoughts and personal stories.

There's www.deardiary.net that offers genres like science, politics and pets are my life, for the public to view. The site www.writingthejourney.com, offers tips on how to write better journal entries. All of these sites offer free accounts but if one desires, users have the option of paying to "help keep the site alive."

One of the more odd sites is www.thedeadletter.com, which offers "a storage for wisdom, regret and guidance." Upon arrival at Dead Letter, one can view the saddest or funniest entries supposedly written after death. One letter writes, "I've gone to heaven, that's what I hoped for. No more Eminem."

According to a recent article from The Gazette, Psychologist John Grohol said diaries and journal sites allow users to become a different person. "Virtually everyone who goes online creates personas which reflect, but are not accurate portrayals, of their real selves," said Grohol.

Upon asking users of Live Journal why they write their personal thoughts online, Marty Silbiger, a 15-year-old from the States, said she thinks people like to get things off their chest on the site. "They can at least imagine in this online world that somebody cares about what they write," said Silbiger.

Another anonymous user said people write online because they can access their journal from anywhere in the world. "Things online are also safer than physical things. You can't spill water on your journal and ruin it," said the Live Journal user.

Whatever the attraction, some journal sites are downright scary. There are anorexic journal sites where people with the eating disorder, mostly teen girls, use their diary to swap stories and tips. One user

writes, "I love the feeling I get when I can feel my bones sticking out." Another writes, "I only had three olives, two cookies and some chicken curry today and puked it up so I'm starting to get back into the swing of things."

Ultimately, online diaries are one of the truest forms of building a community through the Internet. Readers comment on member's entries, friends are made and Internet surfers return to catch up on their favourite diarist. The diaries seem to satisfy the public's obsession with taking a peak into someone else's life.

By Michelle Timmerman

Remember the time when you could turn on the radio and hear the sweet lyrics of a Canadian artist, instead of having to see them perform in talent shows. Well those good old days are beginning to make a comeback. That's right, Canadian music is rising once again!

Recent recordings from familiar Canadian artists including Jan Arden, Blue Rodeo, David Foster and Jimmy Rankin have hit the stores over the past couple of weeks, along with some soon-to-be familiar artists like Rheostatics, Hayden, the Waltons, Copyright and Sianspheric.

Many online Canadian organizations are dedicated to showing the world that not all musical talent

comes from our neighbours south of the border, and that in fact there are many talented artists here in Canada.

The Foundation to Assist Canadian Talent on Records (FACTOR) is a non-profit foundation that provides funds for the Canadian recording industry. Information on available loan and grant programs can be found at www.factor.ca.

Canada Hip-Hop Online is an organization dedicated to promoting all aspects of hip-hop culture, the Canadian hip-hop scene and its many artists. The organization can be reached at www.hip-hop.ca. Their site includes information on Canadian artists, audio tracks, Canadian music videos, photos and listings of hip-hop events going on throughout Canada.

The Canadian Independent Record Production Association (CIRPA) is a trade organization representing the independent sector of the Canadian music and sound recording industry. For more than 22 years CIRPA has been the collective voice of independent music in Canada. The site includes information on the current issues in the music industry, and information on sound recording and sales of Canadian music, all which can be found at www.cirpa.ca.

Open-mic and live band nights are held at many bars in Kitchener-Waterloo for those who are itching to have their music heard at The High Ball Restaurant and Bar, Whiskey Jacks Restaurant and Night Club, The Abstract, the Circus Room and Boomers Basement Bar.

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Baseball teams in for busy winter

By Marc Hulet

The Major League Baseball season is over and the Arizona Diamondbacks have been crowned world champions. In one of the most exciting World Series in the last 20 years the four-year-old franchise defeated the New York Yankees.

The Yankees were not nearly as powerful a team as the ones that won four out of the last five World Series but they knew how to win. In a short series the Diamondbacks were just a little better — and a little luckier.

Now it is time for baseball executives to begin moulding their franchises for 2002.

This off-season will be especially busy for many of the successful teams of 2001.

The New York Yankees, Seattle Mariners and Oakland Athletics all have large portions of their teams eligible for free agency. The same holds true for the Atlanta Braves and Houston Astros in the National League.

The Yankees appear poised to make the most dramatic changes.

Long-time Yankee outfielder Paul O'Neill is a free agent but appears headed for retirement. He has patrolled right field for the Yankees for nine years but injuries have plagued him for the past few.

Third baseman Scott Brosius is also a free agent after four years in

pinstripes. His numbers have been declining for a couple years now and he had a terrible time playing defence this year. The Yankees have third base prospect Drew Henson waiting in the wings although he could probably benefit from another year in the minors.

First baseman Tino Martinez could leave via free agency but he may re-sign after a solid 2001. His numbers had been dipping in recent years but he may have hit well enough and rookie first baseman Nick Johnson may have struggled just enough to warrant Martinez resigning a short-term deal.

Other key Yankees eligible for free agency include pitchers Sterling Hitchcock and Mark Wohlers.

The Seattle Mariners are poised to lose a number of key players from their dream season in 2001.

Bret Boone, who struggled to find employment last off-season, had one of the best seasons by a second baseman ever. Seattle may have a hard time re-signing him.

Solid starting pitcher Aaron Sele is also a free agent. Seattle will try everything in their power to keep Sele and his annual 15-plus wins in the spacious Safeco Field.

Third baseman David Bell, right fielder Jay Buhner and super-sub Mark McLemore are also all eligible for free agency.

Oakland may not have quite as

many free agents as some of the other teams but they stand to lose their most valuable position players and their stopper.

First baseman Jason Giambi is poised to sign one of the largest contracts in baseball history. He has taken over the first base bag in Oakland from his close friend Mark McGwire and flourished. Many large market teams are ready to pursue Giambi and chances are the small market Athletics will be squeezed out of the bidding. Having Giambi's brother Jeremy on their team doesn't appear to be enough incentive for Jason to accept a discounted price from Oakland.

Centre fielder Johnny Damon is also a free agent but he struggled in his first year in Oakland after coming over in a trade from Kansas City. There is absolutely no way Oakland can afford to sign both Damon and Giambi.

Closer Jason Isringhausen probably won't be back in Oakland next year. He has done an average job as closer for the Athletics but Oakland has Luis Vizcaino waiting in the wings. Moving Erik Hiljus from the fifth spot in the rotation to closer may warrant consideration. He has electric stuff but struggles to maintain it for an entire game. Coming in for one inning at a time should help him harness his

exploding fastball.

Atlanta was one of the most — if not the most — dominant teams in the '90s but they are facing free agency with a possible 15 of their players.

Most importantly, pitchers Tom Glavine and Mike Remlinger have options on their contracts which will likely be exercised for the 2002 season.

John Smoltz — an outstanding starting pitcher for 12 seasons — made the switch to closer this year after battling injuries and was fantastic. Atlanta would love to re-sign him but they are cutting their budget for next season and they may not have the money to keep him in a Brave's uniform.

Starter John Burkett was solid this year with a 3.04 ERA and he was the glue that kept the Atlanta rotation together while the other starters struggled at various times. He is getting up in age and he may be another luxury the Braves cannot afford. Also, young starters Jason Marquis and Odalis Perez are pushing for rotation spots and they would cost about \$600,000 combined compared with Burkett's salary which could go as high as \$5 million.

Other key players available for free agency include pitchers Steve Karsay and Steve Reed. Catcher Javy Lopez and infielders Rey Sanchez, Keith Lockhart and Ken

Caminiti all figure to be playing somewhere else in 2002.

Lopez will definitely not be back if Charles Johnson exercises his right to become a free agent in Florida. Atlanta officials are wringing their hands at the prospect of Johnson and his superb defence handling their pitchers.

The Houston Astros also appear headed for a number of major changes.

Moises Alou will most likely be in another uniform next year. He is very expensive and very injury prone.

Pedro Astacio was brought over in a mid-season trade but he was seriously injured before he could appear in a playoff game for Houston. His option will most certainly not be picked up.

Other key free agents include third baseman Vinny Castilla and relievers Mike Williams and Mike Jackson.

Many teams face the possibilities of major overhauls but if a labour agreement is not worked out all these worries will be moot. There is a chance that players may strike and, like 1994, the season may be delayed or cancelled all together.

Hopefully everything will work out and we can look forward to seeing what teams will rise to the forefront of baseball's elite organizations in 2002.

World Series finish was like magic

By Mike Sperling

With the New York Yankees looking for another World Series title to make it 27 in total and the Arizona Diamondbacks in search of their first title, it was anyone's game.

Almost like a dream, the Diamondbacks won the World Series four games to two in a bottom-of-the-ninth comeback that will be remembered for years.

The final score was 3-2 for the Diamondbacks who proved miracles could happen.

Scoring in the game started in the bottom of the sixth inning when lead-off hitter Steve Finley singled a line-drive to centre field off of pitcher Roger Clemens. Up next was Danny Bautista who pounded a pitch to left-centre field, driving in Finley for the first run of the game. Clemens settled down after that play and ended the inning but the Diamondbacks were up 1-0. The Yankees then rallied back in the top of the seventh inning to tie the game at one.

The Diamondbacks could not fight back in the bottom of the sev-

enth. However, the Yankees continued to battle in the top of the eighth. Alfonso Soriano of the Yankees was down 0-2 in the count when he smacked one way back and over the fence to put the Yankees up by one.

In the top of the ninth Randy Johnson, the Big Unit as he is otherwise known, was called to the mound to put an end to the Yankees' rally.

Tension built as the Diamondbacks went into the bottom of the ninth down by a run. The Yankees were three outs away from another World Series title when Mark Grace of the Diamondbacks put an end to the tension by singling to centre field. The next batter, Damian Miller, bunted to the pitcher, Mariano Rivera, who threw wide to second base sending the ball rolling into centre field. Runners were at first and second with nobody out. Hopes were looking up for Diamondback fans.

With two on and one out Rivera had to face Tony Womack, a great left-handed hitter. It was an excellent matchup, a great hitter versus a great pitcher because Rivera had

not blown a save since 1997. Womack smashed a shot to right field, driving in one run and tying the game.

Diamondback fans were ecstatic thinking the impossible was going to happen.

The next batter, Craig Counsell, was walked to load the bases with only one out. Luis Gonzalez came to the plate and tapped a light shot into centre field, driving in the winning run.

Cheers and screams filled the stadium as the Diamondbacks were the youngest franchise ever to win

the World Series. The team is only four years old and beat one of the oldest franchises in Major League Baseball that has 26 World Series titles under its belt.

It was an exciting World Series, from Game 1 to the last game Nov. 4. A team from both the American League and National League went head-to-head and battled through seven games of unpredictable events. In the end it proved to be a great spectacle with bottom of the ninth heroics. Fans were on their toes and holding their breath. Now that breath can be released.

Condors lose at OCAA

Conestoga women's fastball team placed last overall in the Ontario Colleges Athletic Association championships at Canadore College Oct. 19-20.

Their first game was on the Friday against Seneca College where they were defeated 14-3. On the same day they lost 9-5 against the host college.

Their final game was on the Saturday against Cambrian College which the girls won 9-5.

Going up for the spike



Members of the intramural volleyball team enjoy a game on Oct. 31, at the rec centre.

(Photo by Mike Sperling)

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Student teaches self-defence

By Vanessa Laye

With just one glance she will sweep you off your feet, and bring a sense of higher awareness to your life through her teachings of karate.

Nineteen-year-old Sandra Miljkovic, a first-year student at Conestoga College, has brought her expertise to the school to teach a women's self-defence class. Miljkovic started taking karate at the age of four and earned her black belt at 14. She moved to Canada from Yugoslavia with her family in 1998 when she was asked to join the Canadian karate team.

She trains everyday with the help of her father either at their home gym or at the Tsuruoka Kia Karate Do on Wabanaki Drive in Kitchener. On top of that she trains her younger sister Jelena who has just recently earned her junior black belt. Miljkovic also teaches a tournament class at the club, in which she says her female students are first in Ontario.

Miljkovic teaches the women's self-defence class every Tuesday morning at 8 a.m. at the recreation centre. This class, which is free to female students and members of the centre, teaches participants self-confidence and how to protect themselves. "Karate doesn't teach you how to fight," she said. "It is more of a spiritual thing."

Karate is a step-by-step process that develops over time. As a beginner proper techniques must be learned. Although she admits it can be boring at first, these techniques are important because when you start to use physical contact in class, it will help you to block hits.

"I don't want people to get hurt, so I will start with kata before putting them with a partner to fight," said Miljkovic. Kata is the name of the movements used in karate. They are demonstrating movements, which help you to keep your balance and to safely perform the basic karate techniques.

Kumite, also known as free fighting or sparring, is incorporated into the class once the proper kata techniques are learned. No sparring to the face will be taught, but slight body sparring is part of the program. "Karate has taught me how to fight for myself, and if needed, to protect myself from harm," said Miljkovic. It is stressed that this class is not about learning how to fight others, but learning how to protect yourself from harm and/or to learn the art of the sport.

All ages are encouraged to join the program. "It is never too late to start or become successful at any sport," said Miljkovic. In January she hopes to teach afternoon classes of taekwondo, kickboxing and karate at the centre.

Miljkovic's ultimate goal is to have her own club one day and to develop her own style of karate.

She will be taking next year off from competition in order to save up money for the club. After graduating from Conestoga she would like to travel to Japan and learn different techniques.

She would then bring different arts home and incorporate the techniques she knows and what she has learned abroad to make her own style. She hopes to run a martial arts academy with her sister, and plans on calling it Panthers. When



Sandra Miljkovic demonstrates a karate stance. She teaches the women's self-defence class every Tuesday at 8 a.m. at the Doon campus recreation centre. Classes are free to students and members. (Photo by Vanessa Laye)

asked why she would name the club Panthers Miljkovic said, "Because I love my sister and that was her nickname back in Yugoslavia because she was so fast."

Condors soar high over Sting 6-2

By Vanessa Laye

Determination alone kept Conestoga goalie Andy Hopkins in the game against Seneca College on Oct. 31, blocking slapshot after booming slapshot despite a pulled leg muscle. Condors coach Greg Rickwood said Hopkins underwent surgery due to the injury and expects that he will be out for at least the next three weeks. He was injured while playing in net against Cambrian College in Sudbury on Oct. 27.

It was a rough game between Conestoga and Seneca, as both teams ended the first period 0-0. Seneca had the upper hand for 10 minutes, after Condors assistant captain Paul Flewwelling was kicked out of the game for checking from behind. Rickwood said Flewwelling's check would have been legal, but the Seneca player turned into the check and the referees saw it as a game misconduct. "It's a big loss," said Rickwood, who added that he only had four of his six defenders after Flewwelling was kicked out and having another player injured at their last game against Cambrian. Eric Weigel will be out for the next month as he undergoes physio for a strained neck muscle after being viciously hit by a Cambrian player in the last two minutes of the game.

Despite Conestoga being down a man, Seneca still couldn't score.

The Condors picked up their game in the second period scoring two goals in the first five minutes, to lead the game 2-0. But Rickwood said the team dropped their heads after Seneca's Dave Aspin scored off a shot from the blue line to bring the score to 2-1.

Seneca fell apart as Conestoga stole the show scoring three more goals in the second period to dominate the game 5-1. Scoring for Conestoga was Ryan Baird, Ritchie Morgan, assistant captain Daryl Burns, and Ian Fehrman with two goals. Rickwood said there were three players who had outstanding performances. "Fehrman is a very talented hockey player and a big part of today's win," said Rickwood, adding that he helped to open up the game. Also mentioned was Burns, who Rickwood said played a strong game with great speed and energy. But the most valuable player of the game went to Craig Banister, who Rickwood said played a physically and mentally strong game. Banister scored Conestoga's last goal of the game in the third period, making it 6-1. But Seneca snuck in a goal just minutes left in the game to make the final score 6-2.

Rickwood said he was pleased with the team's performance and

the outcome of the game. "It's the best 60-minute effort I have seen in the last two years," he said. "They played just as hard from the first minute to the last minute."

With players being injured, some got more playing time than they expected. "Some had five shifts, others had 25, but they all played and did their best," said Rickwood. "They played like they wanted to win."

To be on the hockey team a lot of dedication is involved. A total of 15 to 20 hours a week is what these

Condors have to give up for both practice and games. But what the team said made the game was definitely the crowd. Many Conestoga students, family and friends showed up to support the Condors first home league game. "They make the atmosphere of the game different," said Rickwood. "I haven't seen this much enthusiasm from the fans in over 15 years."

With only 15 games in the season, Conestoga is sitting pretty with a 1-1 record (wins and losses).



Condor Jamie McNalty goes in for a shot on Seneca College's goalie. The Condors won 6-2 at the home game on Oct. 31.

(Photo by Vanessa Laye)

Soccer moves indoors

By Mike Sperling

With winter slowly approaching one outdoor sport has moved indoors.

Most Tuesday nights at 7:30 p.m. in Conestoga College's recreation centre, the women's indoor soccer team plays against various teams from around the city. They don't play every Tuesday because there are only five teams and no definite schedule yet. They are using these games in preparation for college league action which begins in January.

Coach Rebecca Miller said this game is slightly different from the outdoor version and affects the players differently too.

"The team is more relaxed and it is a way for them to build up their skills," she said.

Miller also coached the varsity outdoor soccer team and said the team does not feel any pressure to win because there is no league for these games, not until springtime.

One main difference between outdoor and indoor soccer is indoor soccer games are played in a gymnasium, cutting the size of the play area down by about 50 per cent.

There are two 25-minute halves making for a faster-paced, more enjoyable game. The length of halftime depends on the referee and ranges between two and five minutes.

"I like indoor soccer better," Miller said. "It's short and quick."

Other differences in the game include only six players, including the goalie, on the field at a time, the walls can be used to bounce the ball off of and there are no offsides.

"It allows them to be more skilled because you have more one-touch plays and you don't have as much time with it," Miller said.

Substitutions are easier with indoor soccer because it is similar to hockey's format. Whenever players need to be substituted they usually wait until there is an opportunity for them to get to the bench and other players take over.

When spring arrives the varsity team will play every Tuesday as they do now but have the opportunity to go to invitationals on weekends.

Miller said varsity indoor soccer teams have a regional tournament around reading week, Feb. 25 to March 1. The top two teams from there will go on to the provincial tournament.

Miller is happy with the way the women are playing so far because they are playing as a team thanks to their outdoor season.

Tim Hortons arrives at Conestoga



The new Tim Hortons, which was scheduled to open on Nov. 19, is now expected to begin serving customers sometime this week.
(Photo by Kirsten Fifield)



Marcel Gaudet, left, of Miller's Electrical, and Tom McLaughlin of CN Mechanical, helped transform Roasters into Tim Hortons.
(Photo by Dwight Irwin)



College employee Dan Randall works on clearing out Roasters to make way for the new Tim Hortons.
(Photo by Julianna Kerr)



Frank Rinaldi of Jamesway Construction examines plans to construct a wall for the new Tim Hortons.
(Photo by Tori Sutton)



Construction workers discuss plans inside the remains of Roasters.
(Photo by Julie Graham)

Where's the respect?

I often wonder nowadays what happened to all the respect that was drilled into our heads when we were little.

I look around and everywhere I see people disrespecting one another.

I was on my way to the bus stop the other day when a neighbour stopped me by the road.

I hadn't talked to this neighbour before so I took the time while I waited for my bus to arrive to make some friendly conversation.



Nicole Childs

driver snidely remarked that next time I had better be at the stop before the bus arrives. I made no comment on her rudeness but simply asked whether or not

this particular bus was headed to Fairview Mall.

Again I was met with rudeness. Being a student unfamiliar with Kitchener and Waterloo I had thought that bus drivers would be sympathetic to helping people find their way. And maybe I should have been at the stop, waiting for the bus to arrive.

However, just because I wasn't, does that mean I deserve to be treated rudely?

People seem to forget those familiar phrases that were drilled into our heads by our parents, such as treat others the way you would like to be treated, and that includes students.

I don't think that students are given the respect they deserve

sometimes. We're looked on as disrespectful, irresponsible and rash. But it is not fair to stereotype all of us this way.

There are many students that deserve more respect than they are given because of the job they do with balancing their lives, their work, their school work and everything else in between.

It isn't just students that are treated with disrespect though. I see it everyday in classrooms and around campus.

Teachers are often not given the respect they deserve for the job they do.

It's hard to believe that simple ideas like treating others with the same respect that you expect from them can be so easily forgotten.

Perhaps next time I need to go somewhere, I will be waiting where I should be instead of 10 metres away from the stop.

And perhaps the driver will give me service with a smile instead of snide looks and rude comments.

Either way we all need to remember those famous words from mom and dad.

"I don't think that students are given the respect they deserve sometimes. We're looked upon as disrespectful, irresponsible and rash."

As soon as I saw the bus turn the corner I said my goodbyes and ran for the stop. I made it just as the bus was arriving but it nearly passed me anyways.

As I stepped up the stairs the

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